



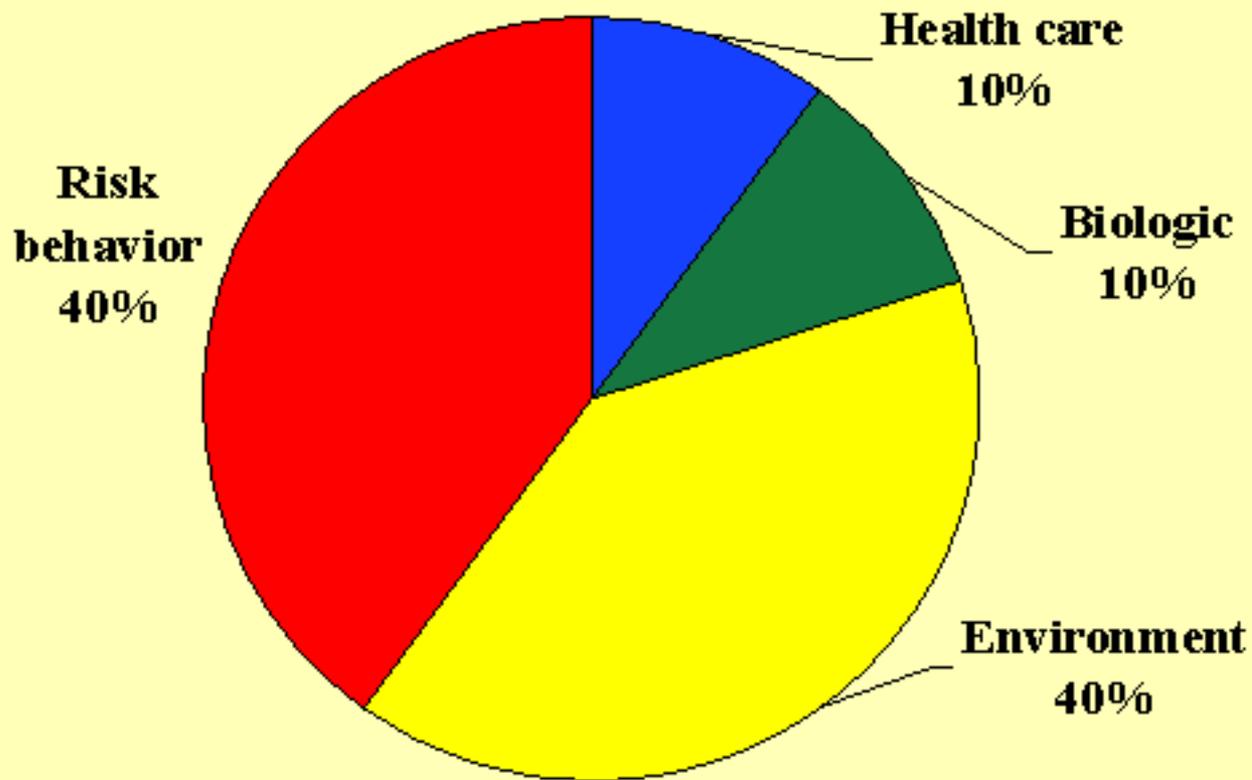
State of the State's Health

Oregon Health Policy Commission
March 31, 2004

Grant Higginson, MD, MPH
State Public Health Officer



DETERMINANTS OF HEALTH



Canadian Ministry of Health

THE FOCI OF PUBLIC HEALTH

- Prevention Focus
 - Preventing disease before it starts
 - Early detection and treatment of disease
- Community Focus
 - Populations are the patients
- Data Focus
 - Epidemiology
 - Data-driven decisions



How can we assess the health of the State?

Use

Oregon Benchmarks

DHS Performance Measures

Healthy People 2010

Other key indicators

Analysis

Comparison with other states or the nation

Comparison over time

Comparison with set targets





The 30,000 foot view ...

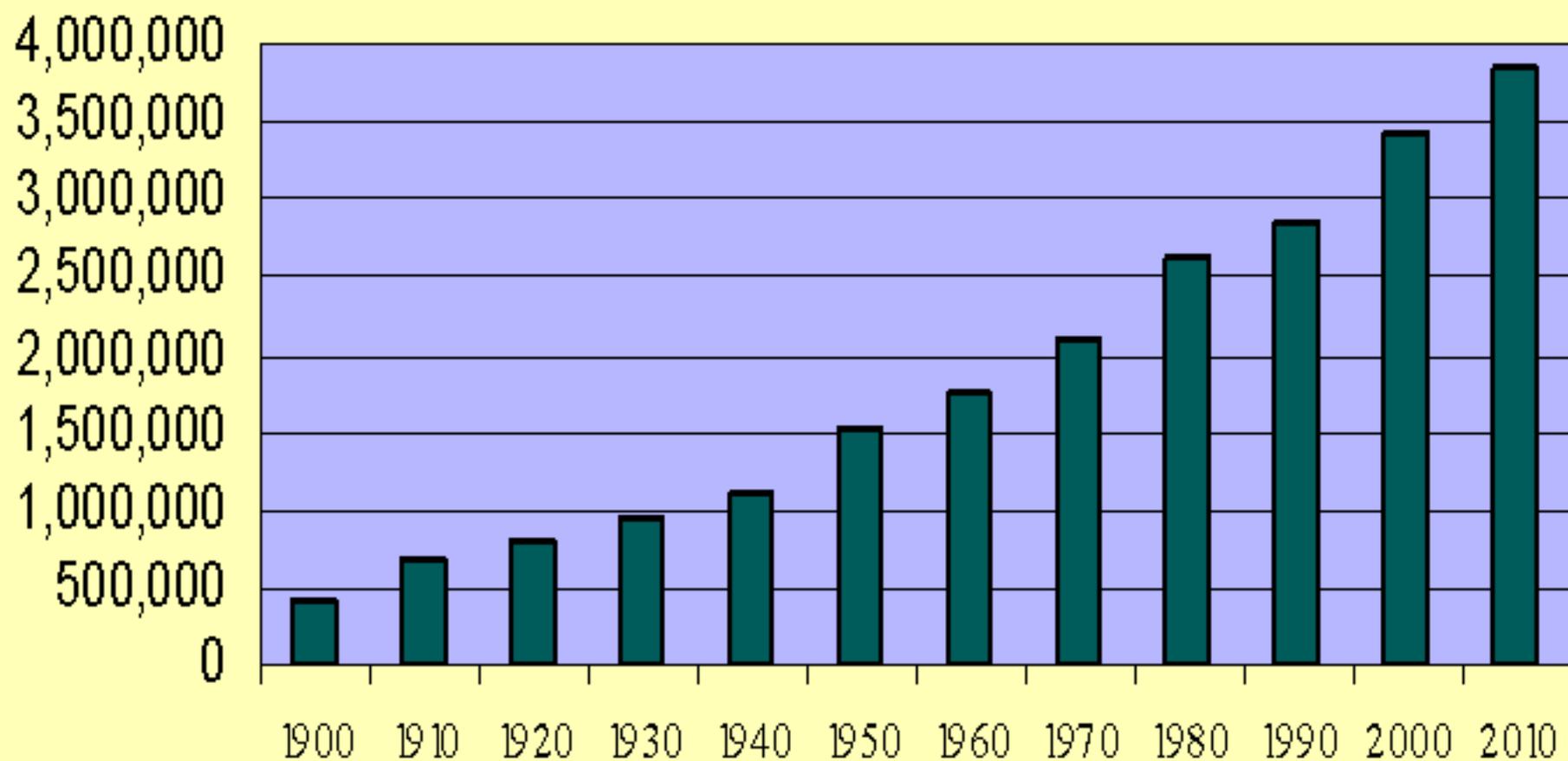


*... of the health
data iceberg*



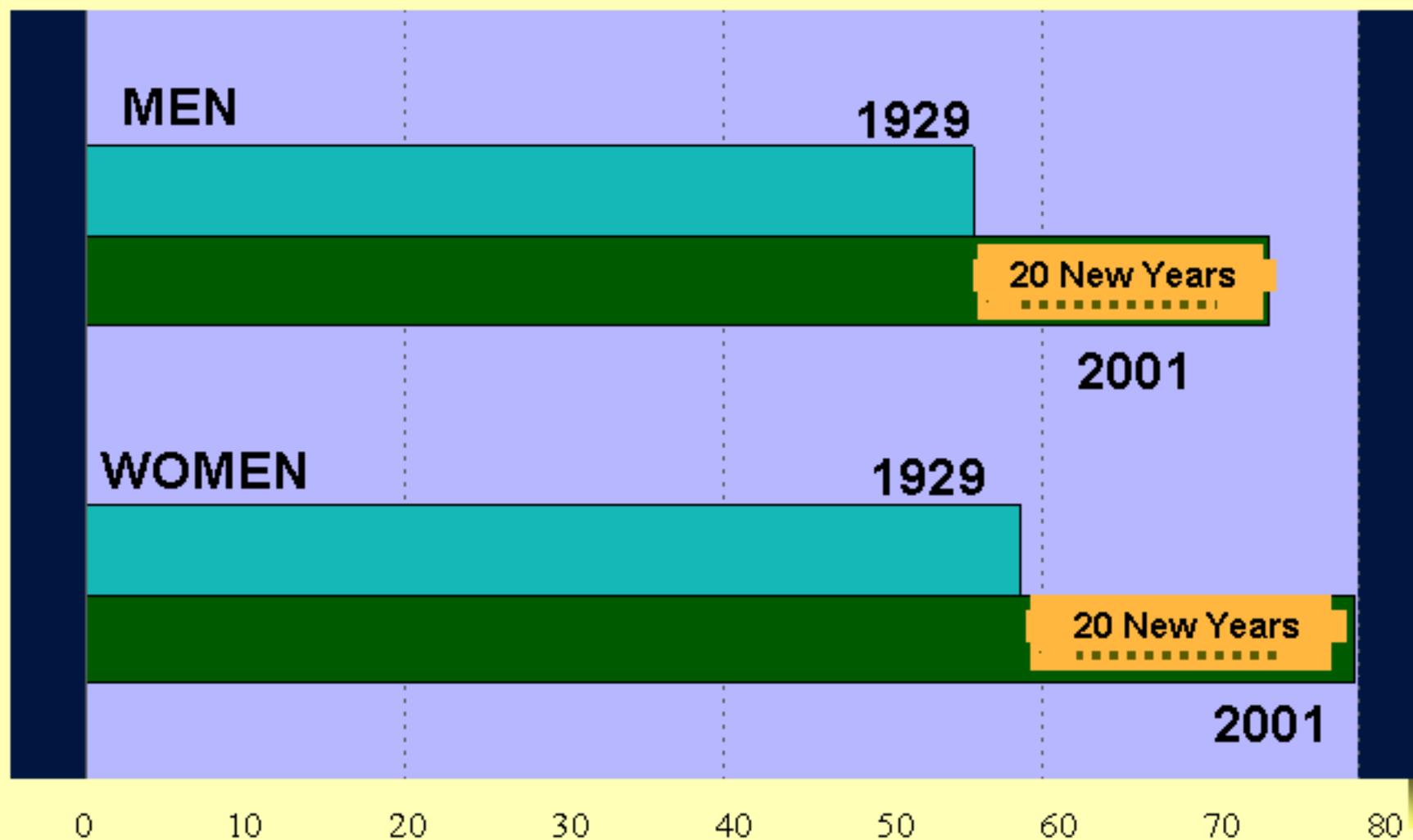
Oregon's Population

1900 to 2010



The 20 New Years

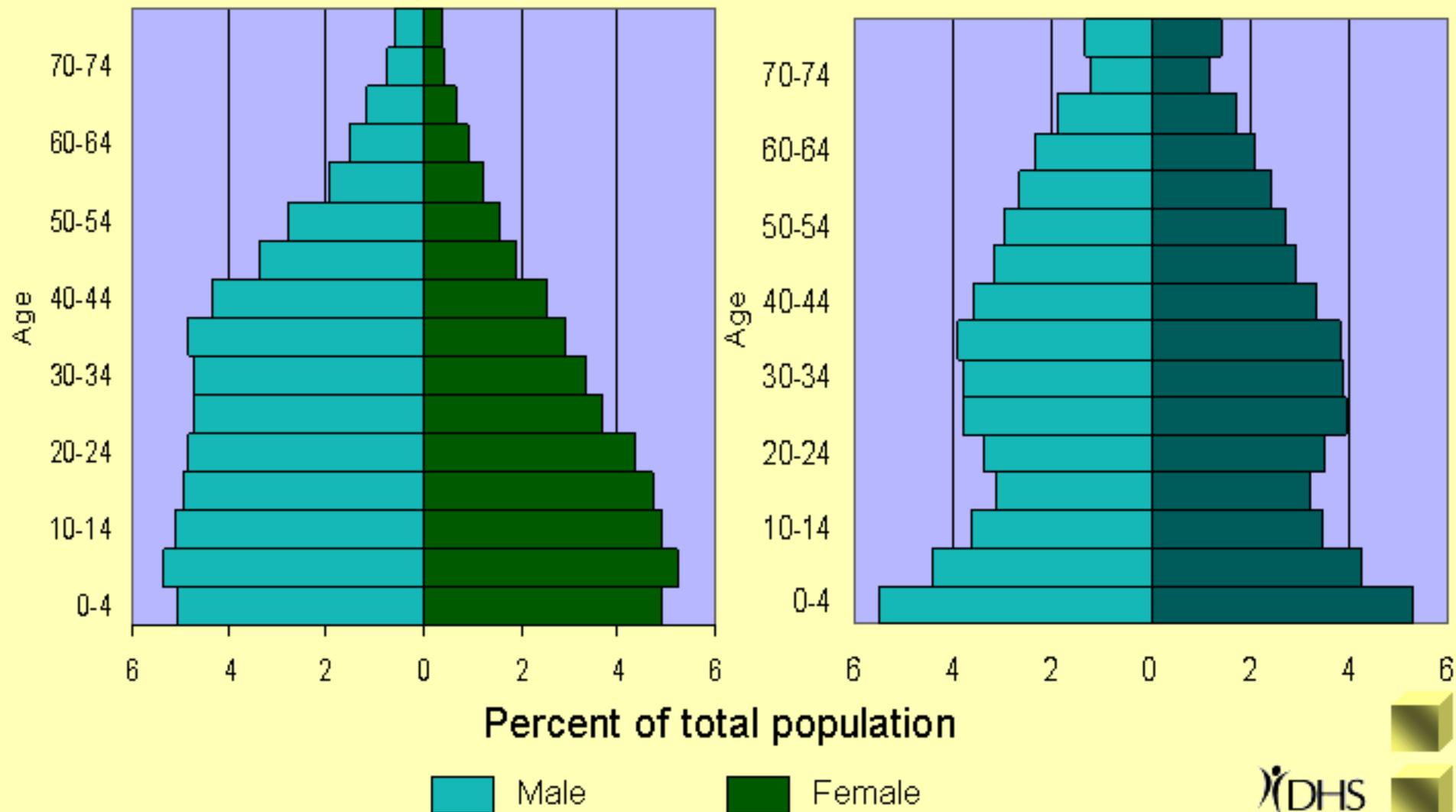
(years of life expectancy in the US)



Oregon Population

1900

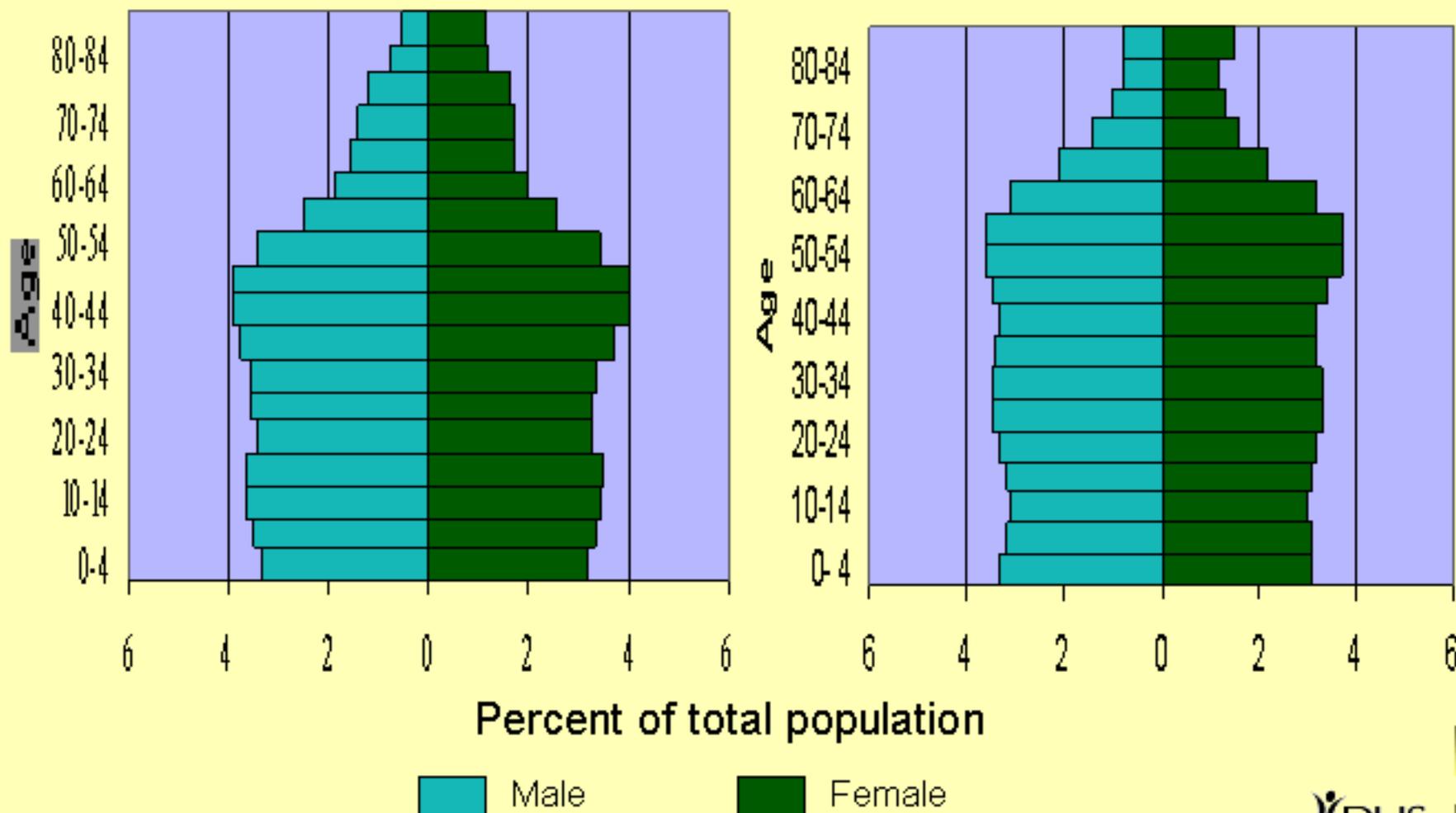
1950



Oregon Population

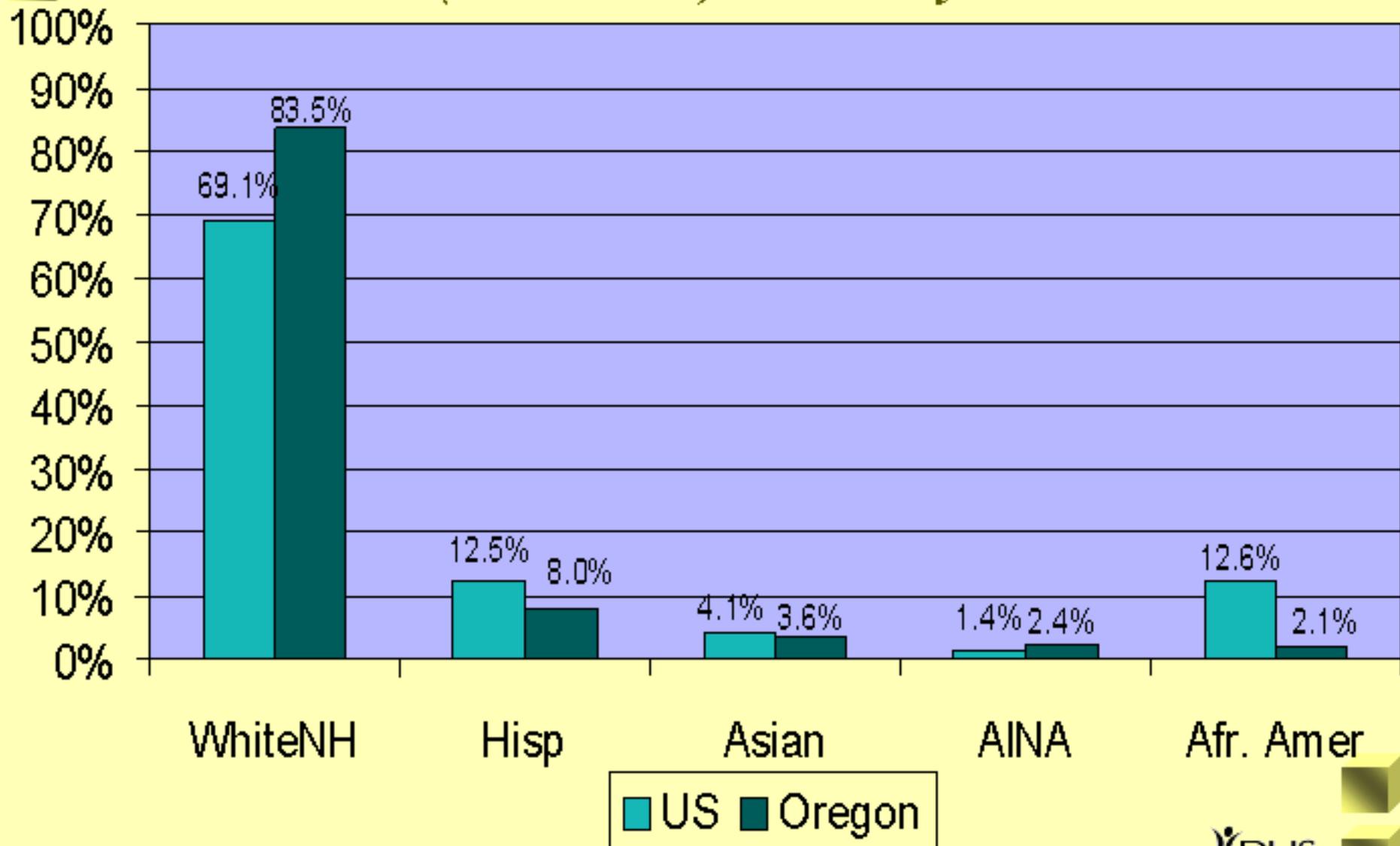
2000

2010 (projected)



US & Oregon

Race (combination) & Ethnicity 2000



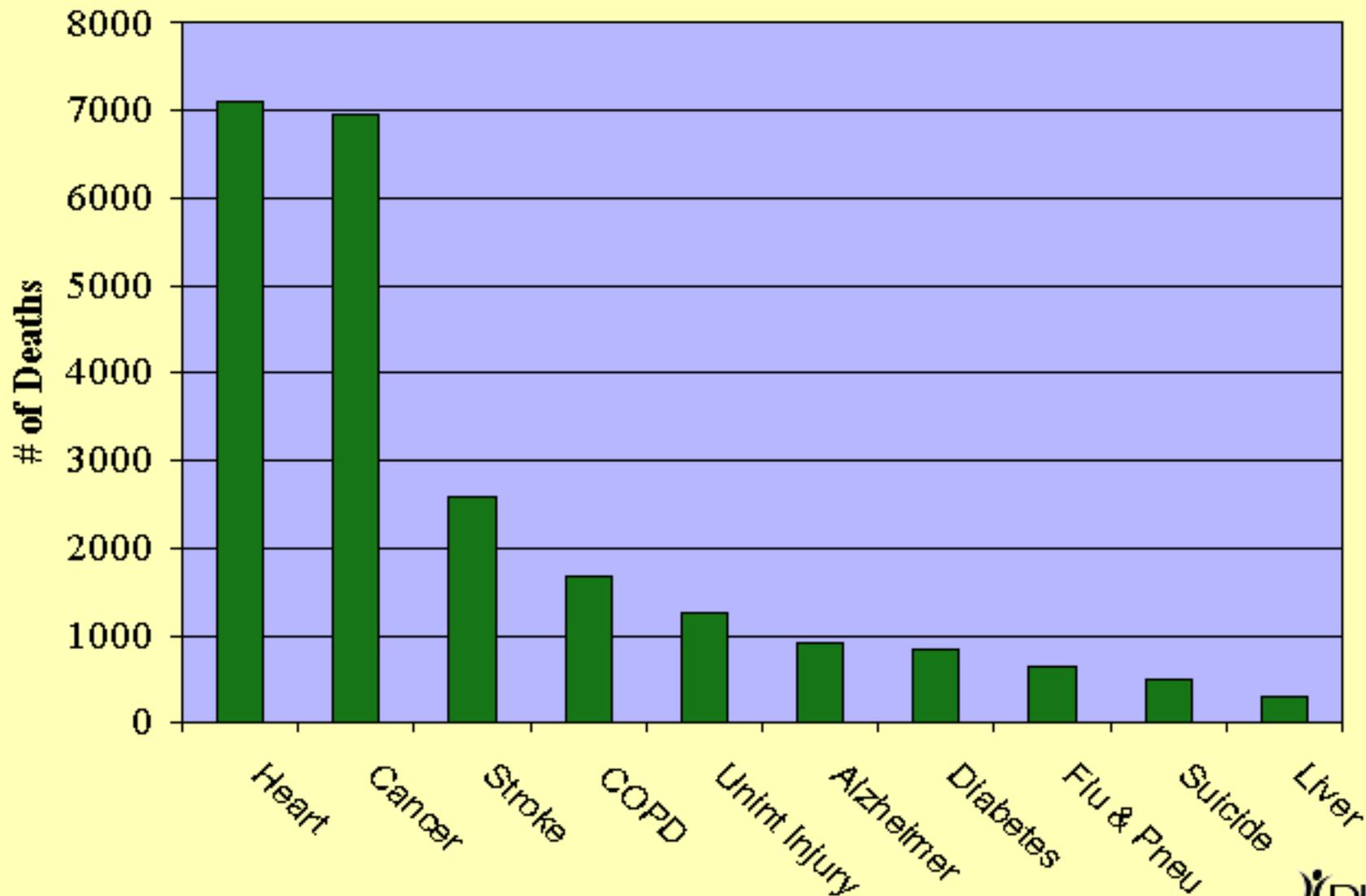


Summary on Population

- Relatively fast growing
- Homogeneous but becoming more diverse – particularly Hispanic
- Aging



Leading Causes of Death Oregon 2000



DEATH

LEADING CAUSES

- **Heart Disease**
- **Cancer**
- **Stroke**
- **COPD**
- **Injuries**

**LEADING
CAUSES**

DEATH

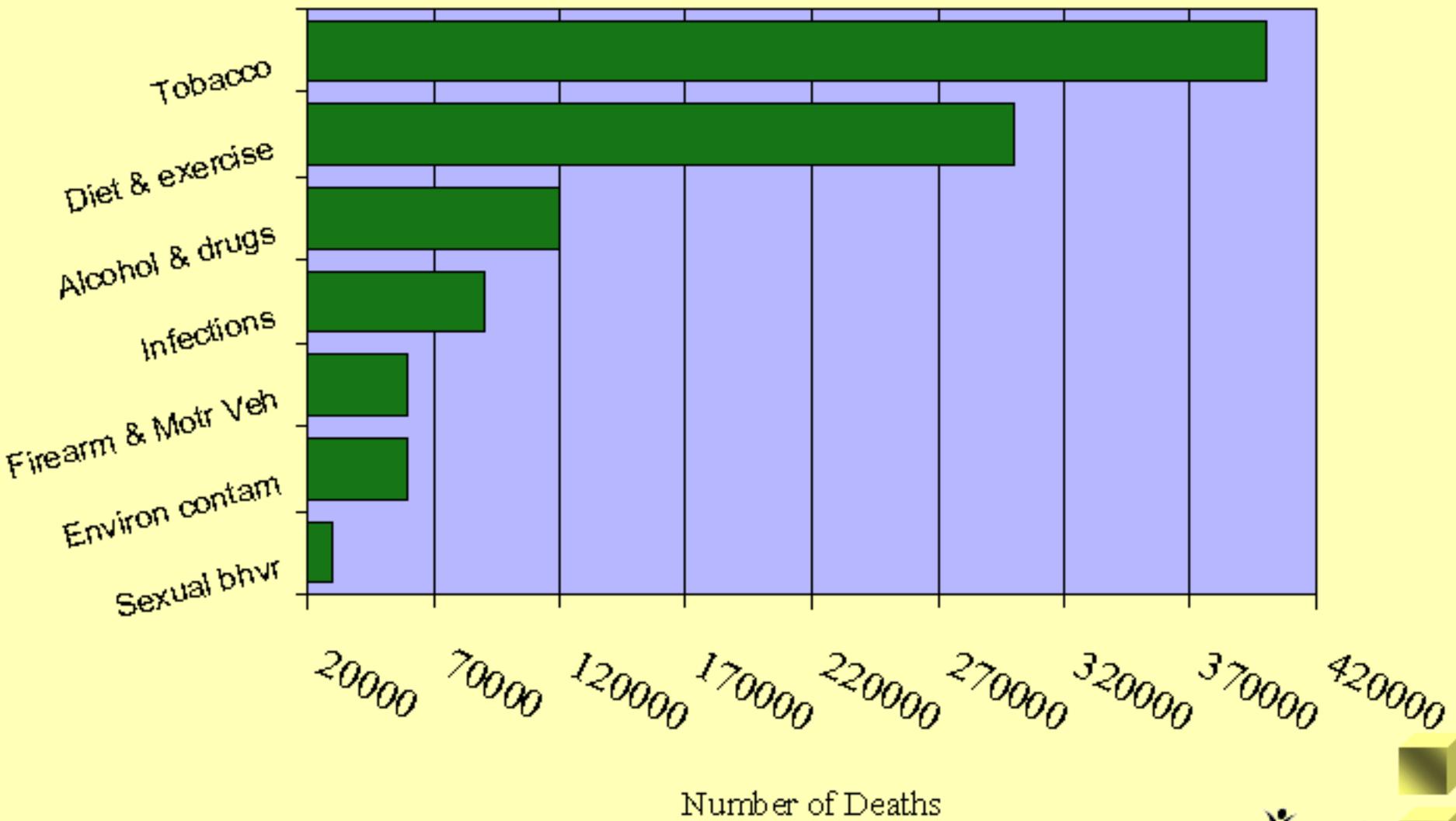
**ACTUAL
CAUSES**

VS

-
- **Heart Disease**
 - **Cancer**
 - **Stroke**
 - **COPD**
 - **Injuries**

- **Tobacco**
- **Diet/Activity**
- **Alcohol**
- **Microbial**
- **Toxic Agents**
- **Firearms**
- **Sexual Behavior**

Modifiable Factors Associated with Death US, 1990



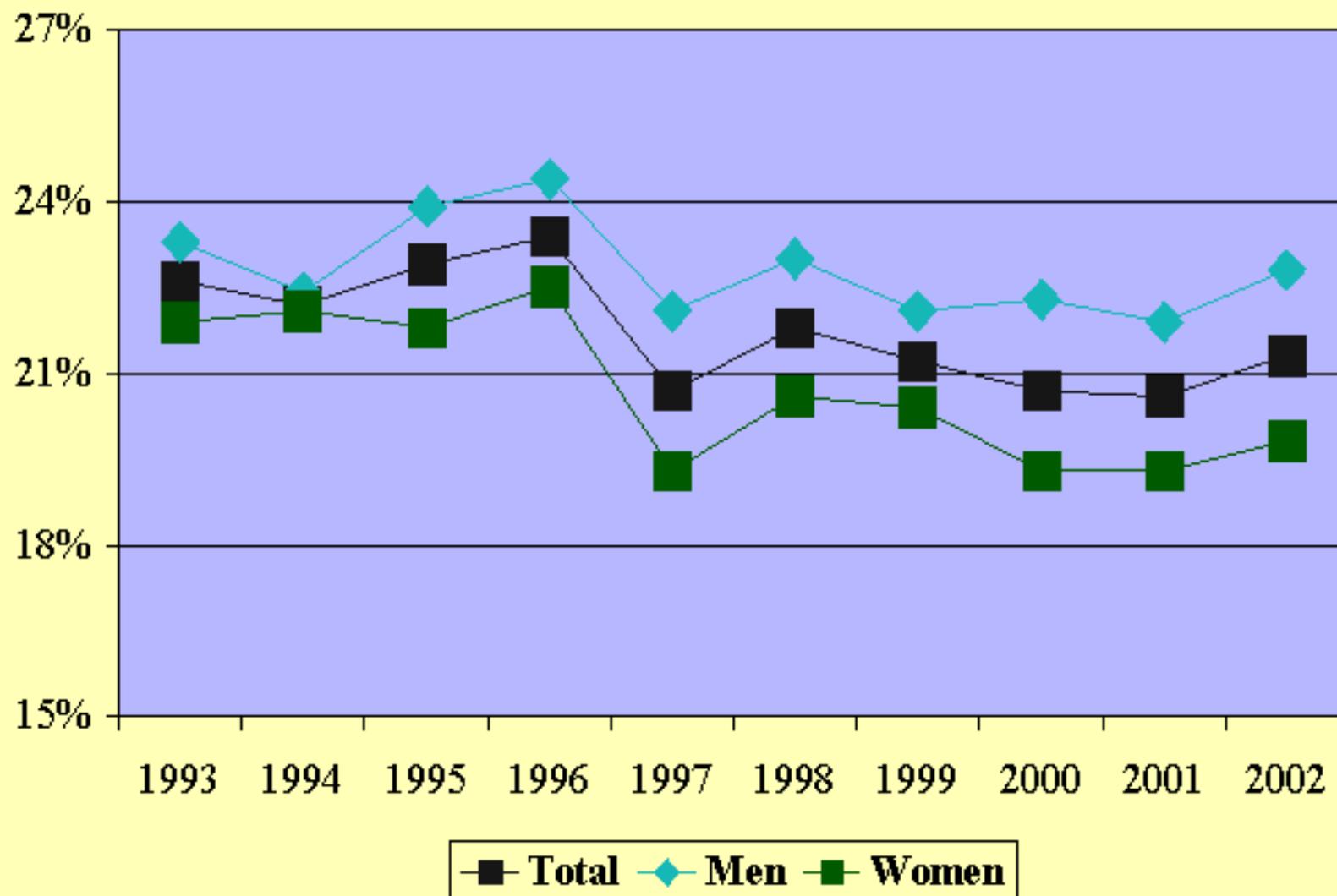
Source: McGinnis & Foege, 1993



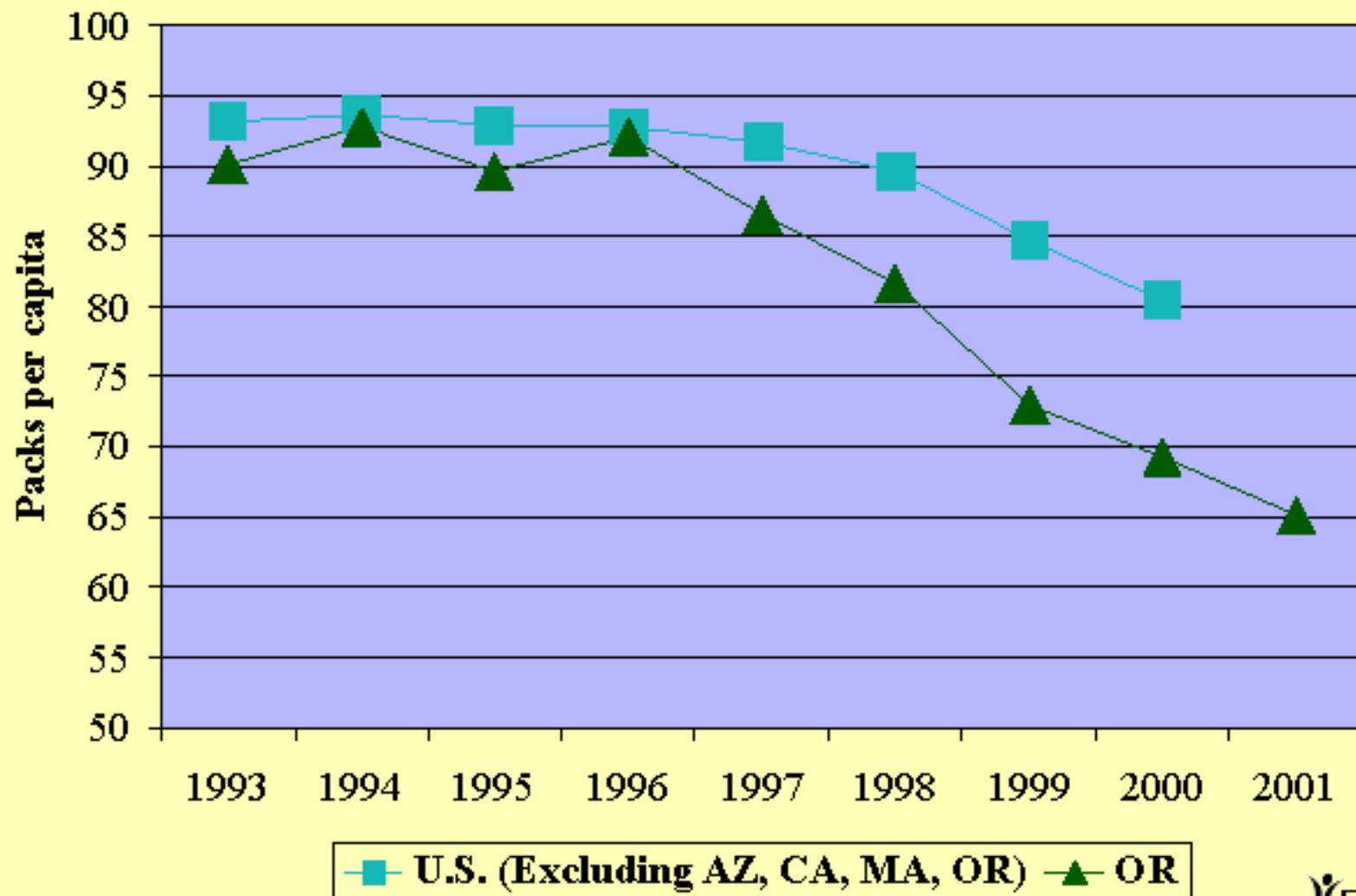
Tobacco and Associated Diseases



Oregon Smoking & Gender



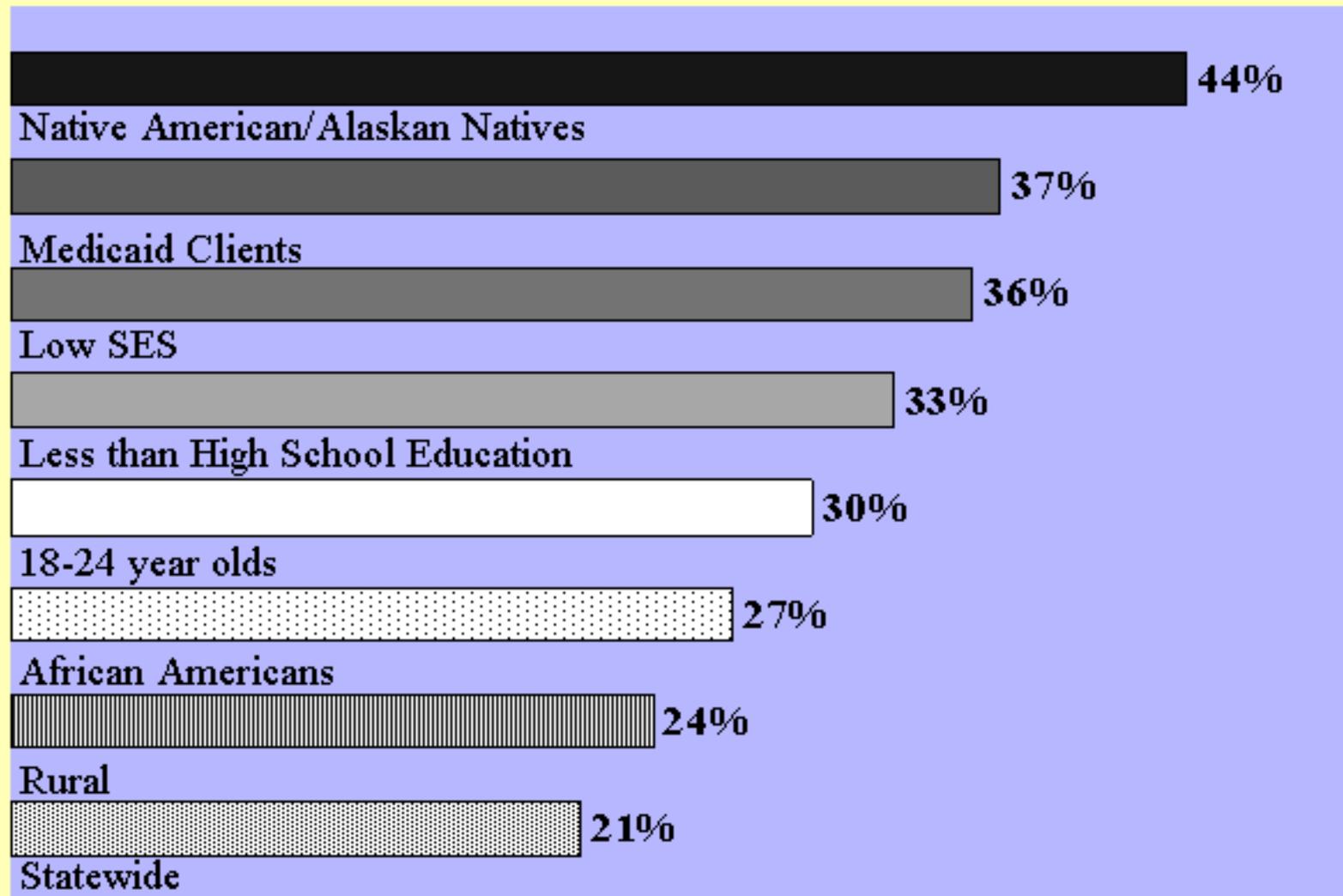
Annual Per Capita Sales of Cigarettes 1993-2001





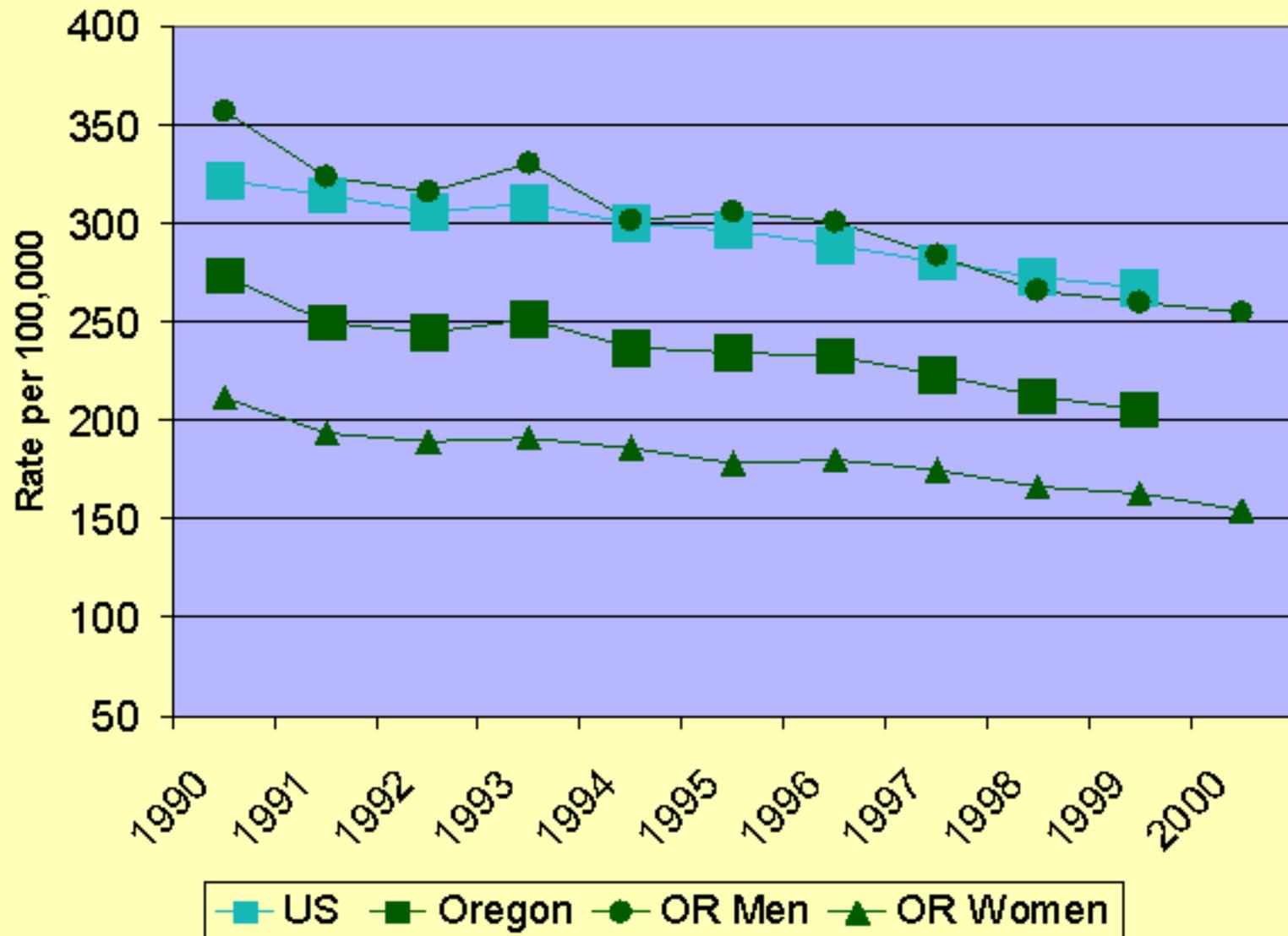
High Prevalence Subgroups of Smokers

Oregon 2001



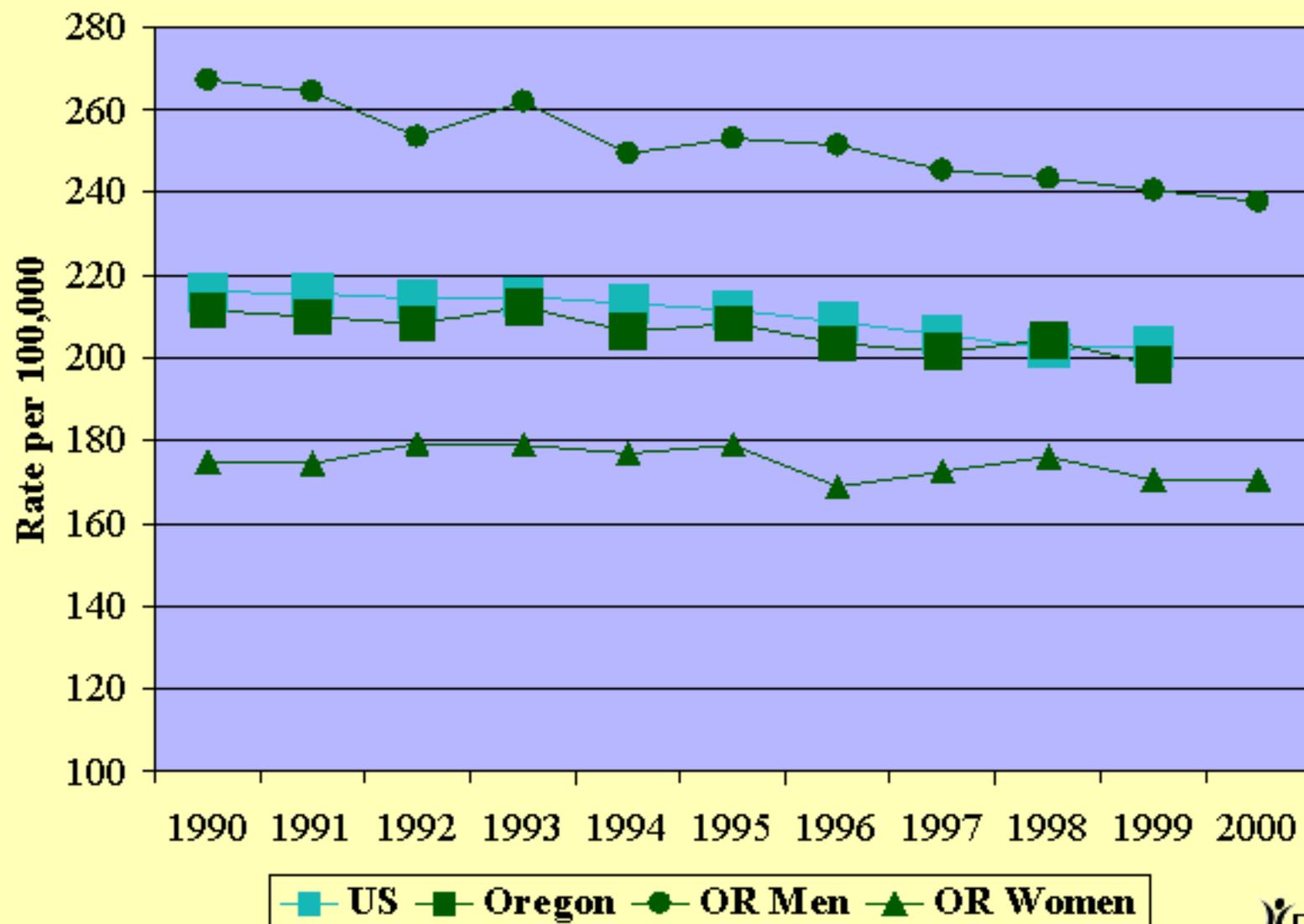
Heart Disease Death Rate

Age Adjusted

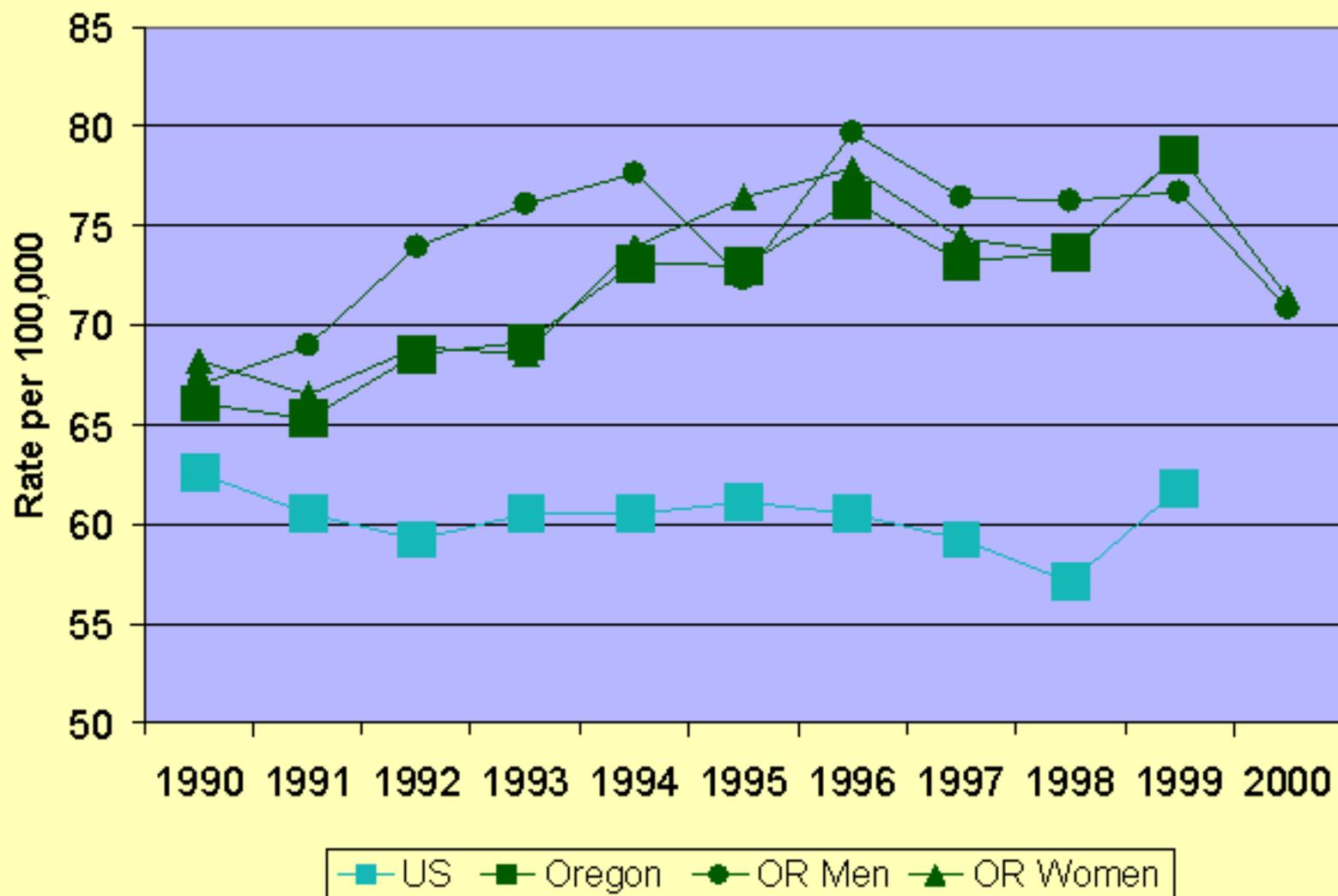


Cancer Death Rates

Age Adjusted



Stroke Death Rates Age Adjusted





Tobacco Use and Associated Disease Summary

- Rates of tobacco use decreasing
 - Oregon with greater decline than other states without a comprehensive program
- Pockets of increase tobacco use
- Decreasing death rates for heart disease and cancer
- Increase stroke deaths rates of concern and research is needed





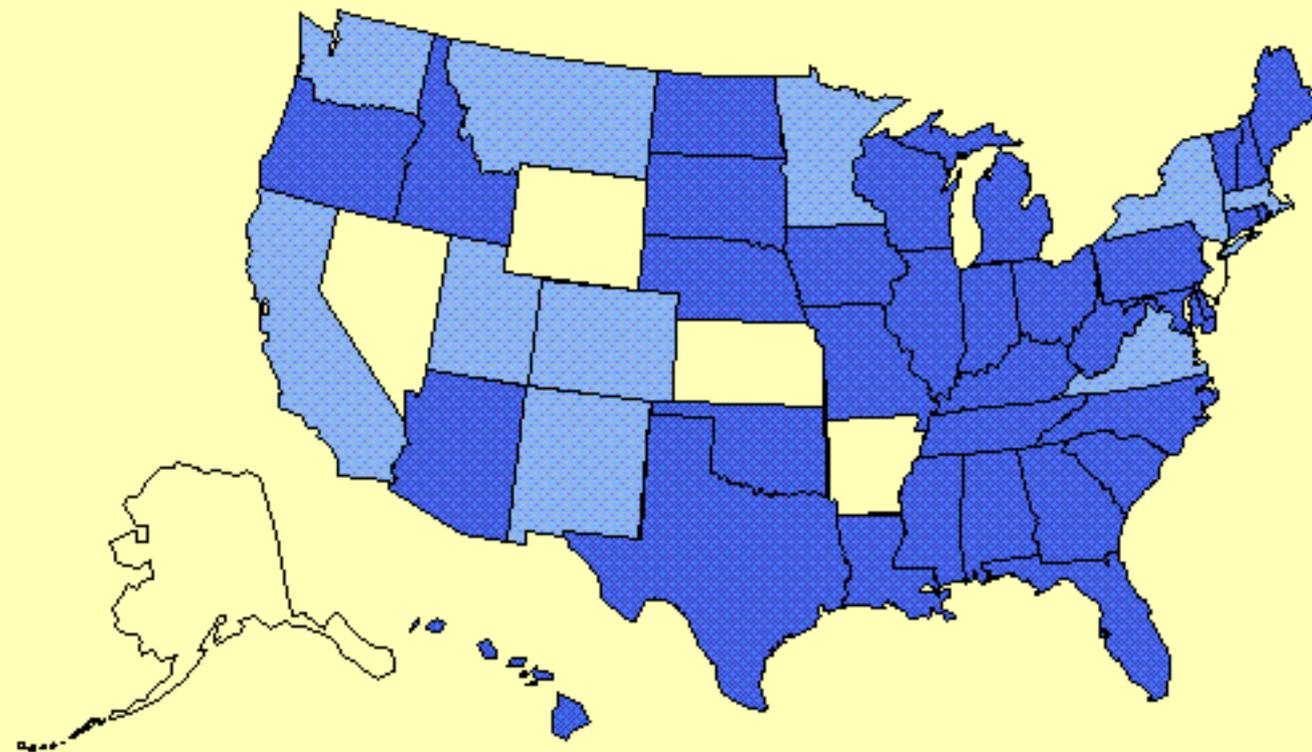
Obesity and Associated Diseases



Obesity Trends* Among U.S. Adults

BRFSS, 1990

(*BMI ≥ 30 , or ~ 30 lbs overweight for 5'4" woman)



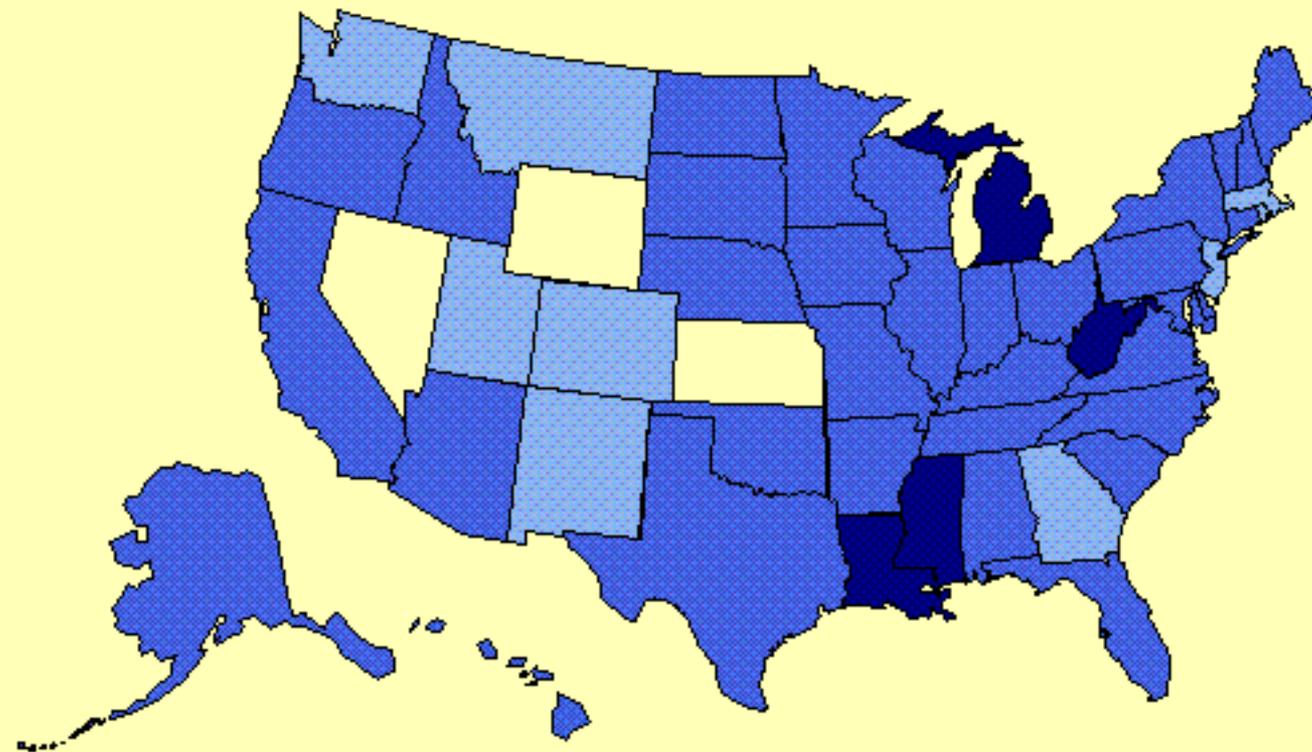
□ No Data ■ <10% ■ 10%-14%

Source: Mokdad A H, et al. *J Am Med Assoc* 1999;282:16, 2001;286:10.

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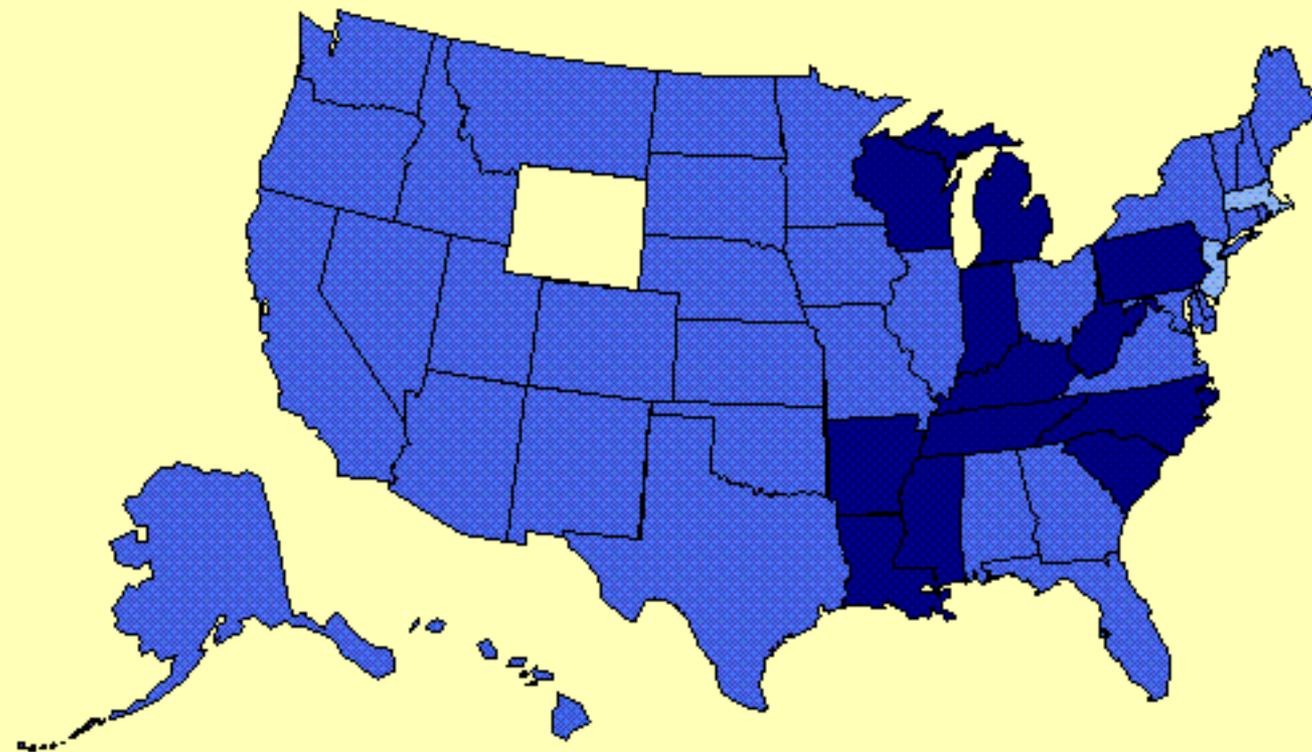
□ No Data ■ <10% ■ 10%-14% ■ 15%-19%

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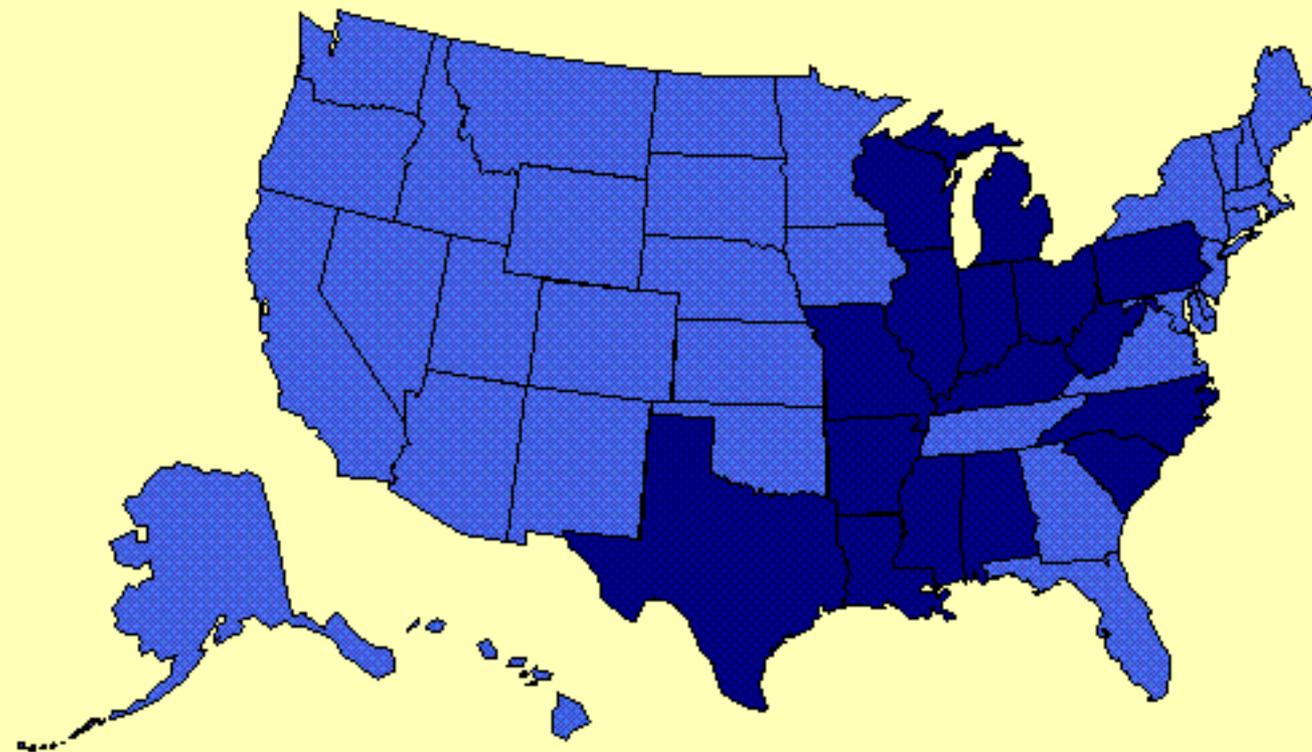


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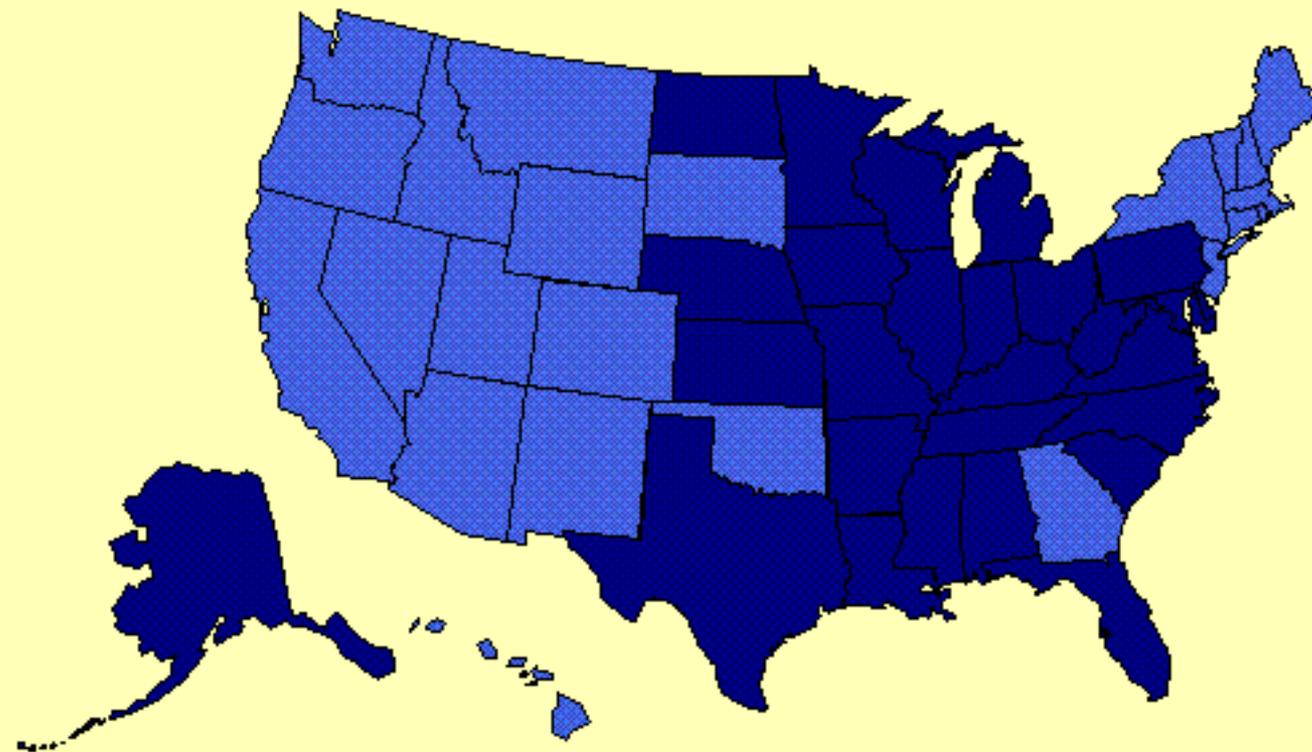
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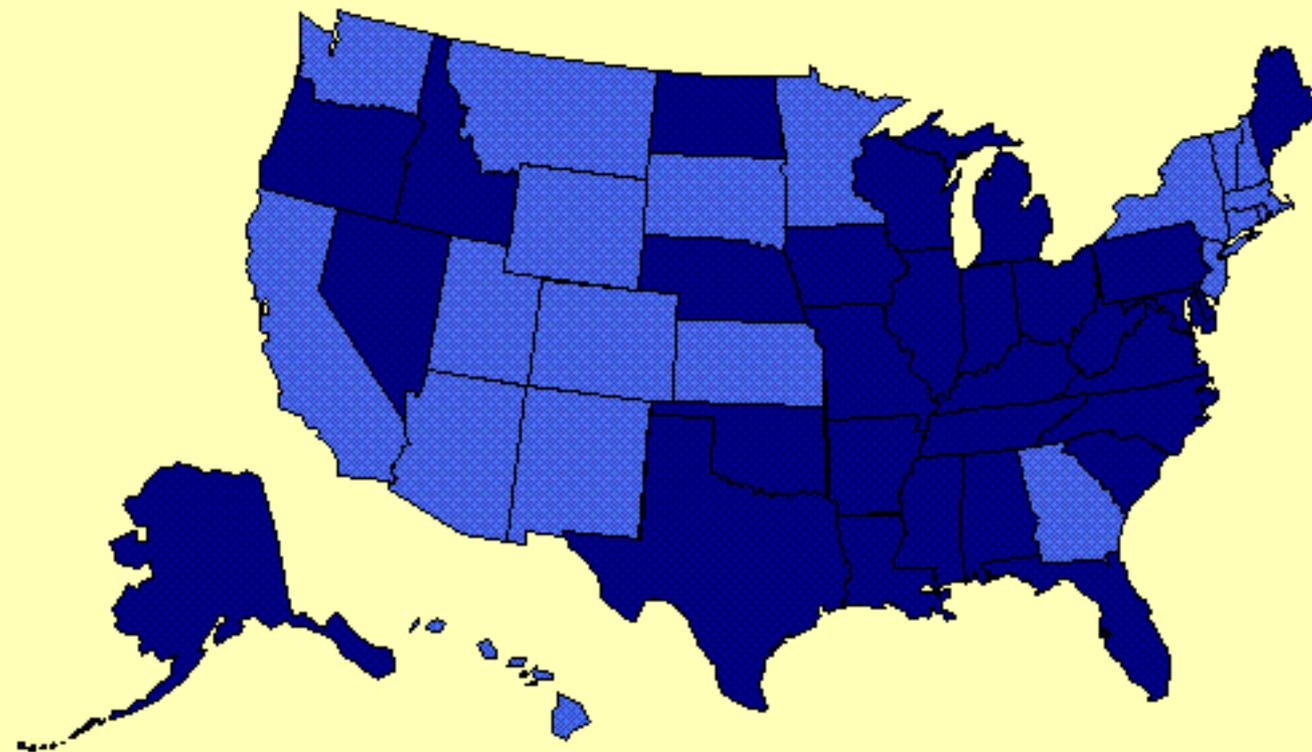
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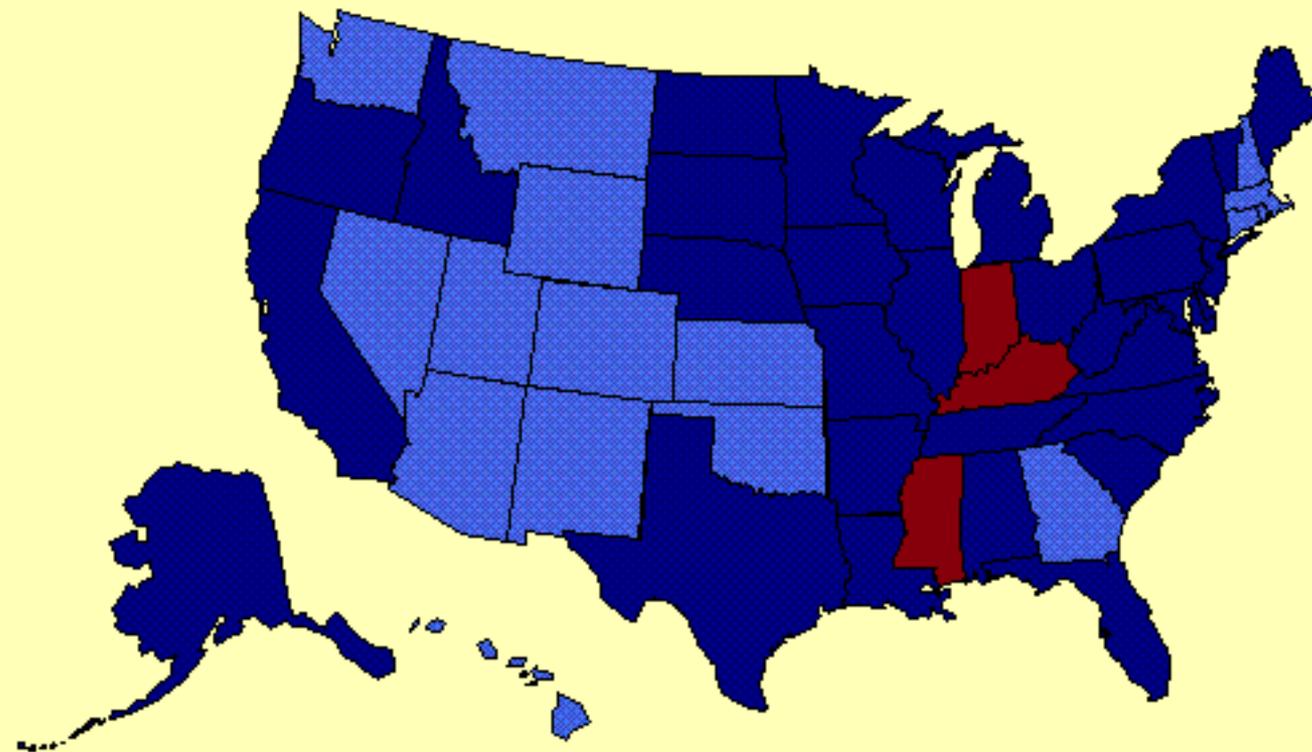
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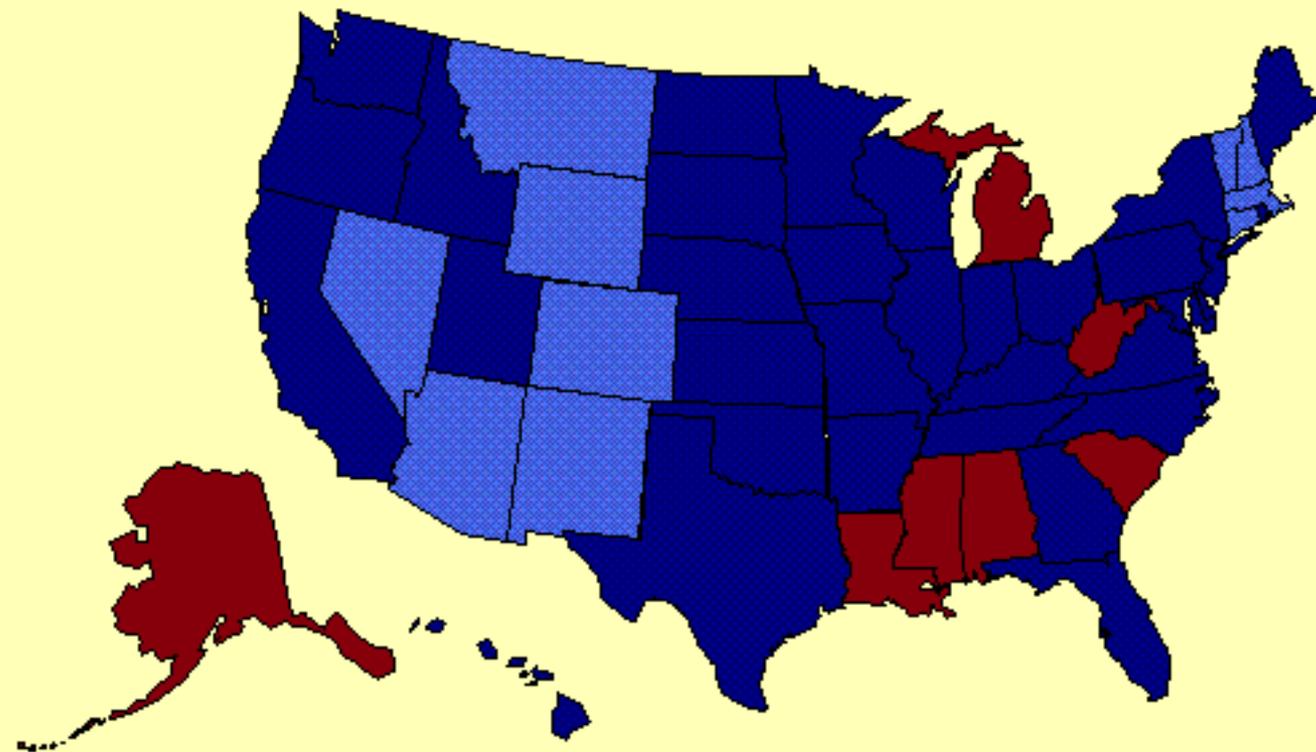
Legend: No Data, <10%, 10%-14%, 15%-19%, $\geq 20\%$

Source: Mokdad A H, et al. *J Am Med Assoc* 1999;282:16, 2001;286:10.

Obesity Trends* Among U.S. Adults

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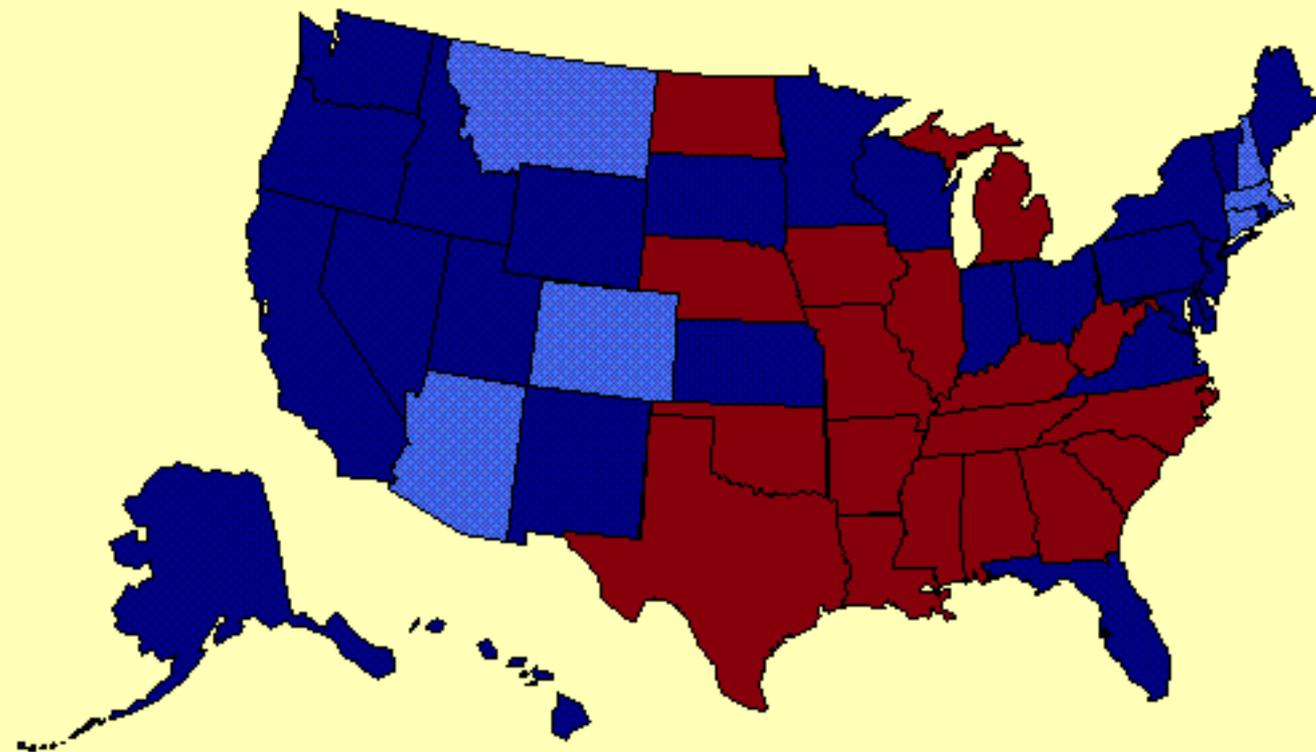
Legend:
 [White Box] No Data
 [Light Blue Box] <10%
 [Medium Blue Box] 10%-14%
 [Dark Blue Box] 15%-19%
 [Red Box] $\geq 20\%$

Source: Mokdad A H, et al. *J Am Med Assoc* 1999;282:16, 2001;286:10.

Obesity Trends* Among U.S. Adults

BRFSS, 1999

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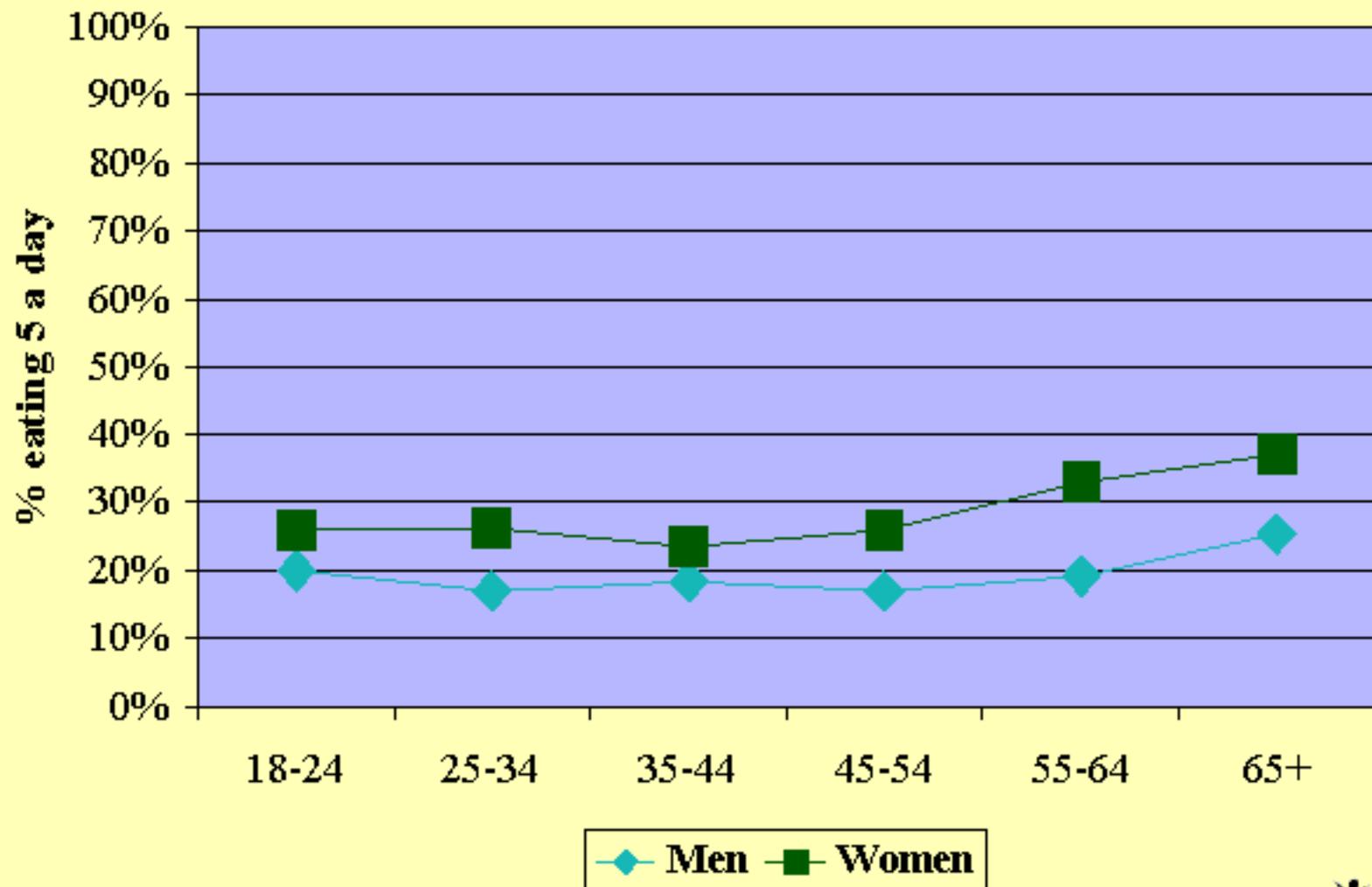
□ No Data □ <10% □ 10%-14% □ 15%-19% □ $\geq 20\%$

Source: Mokdad A H, et al. *J Am Med Assoc* 1999;282:16, 2001;286:10.

Fruit & Vegetable Consumption

Oregon 2001

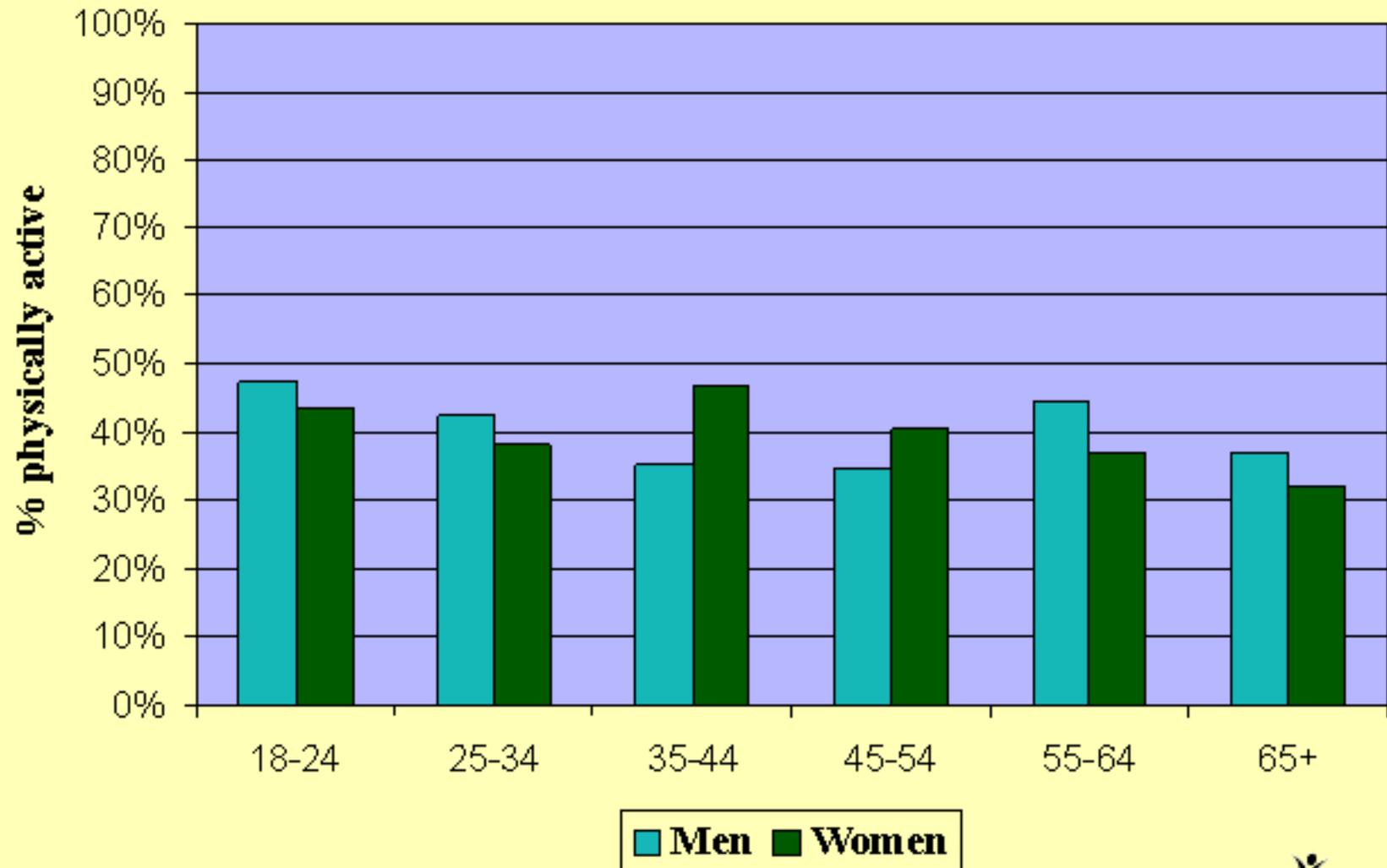
(5 or more a day)



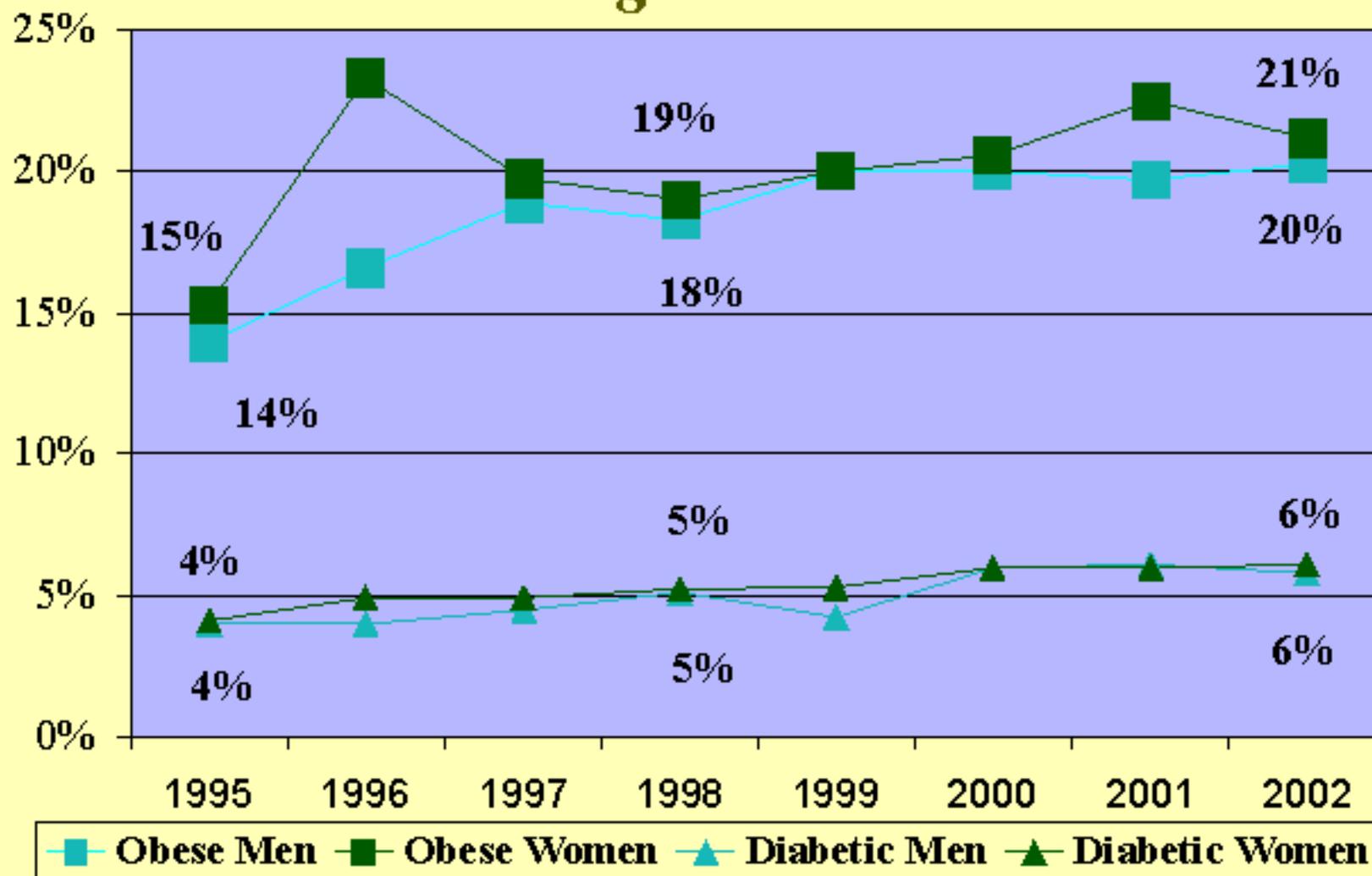
Physically Active Adults

Oregon 2001

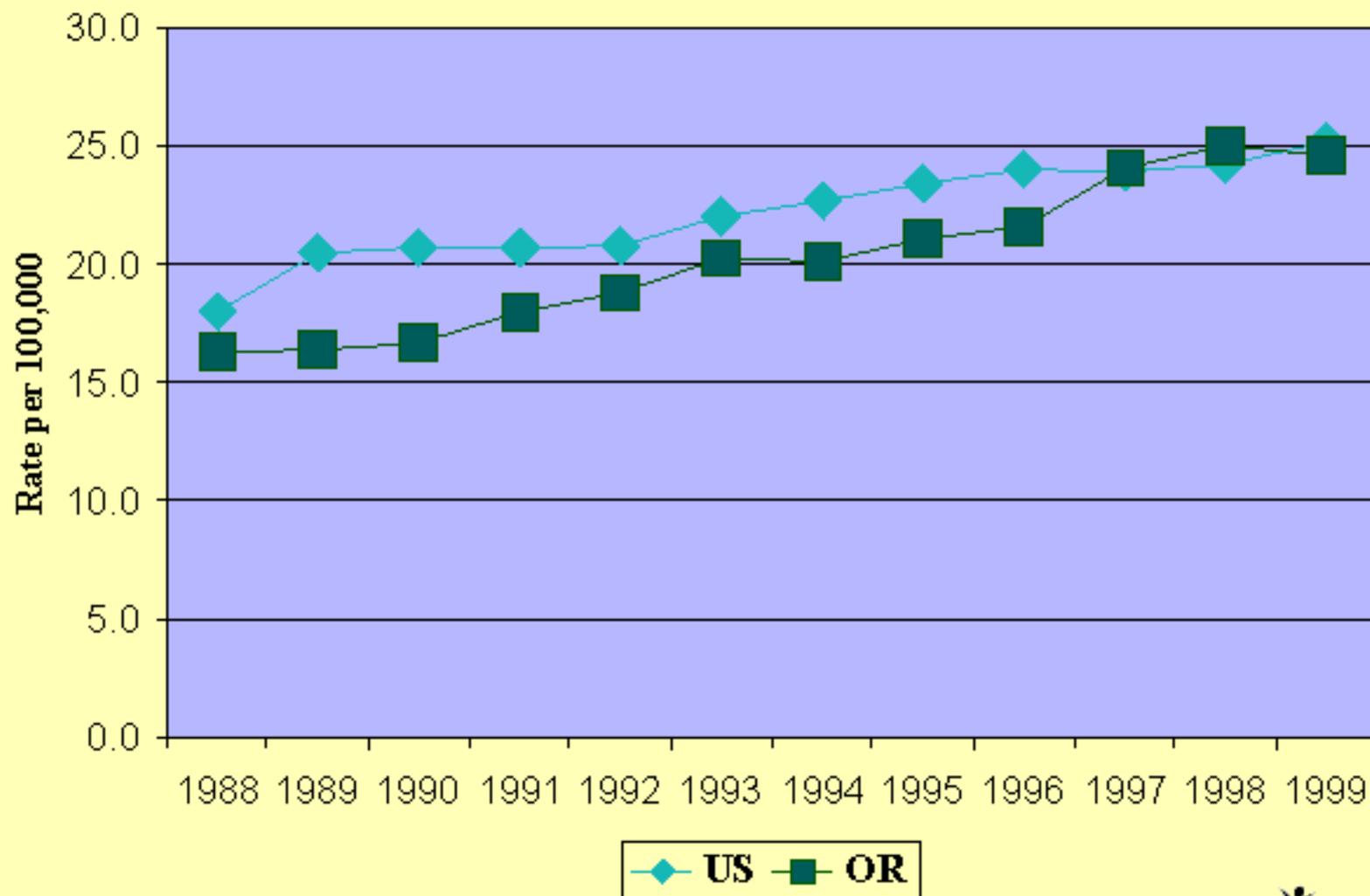
(30+ minutes at least 5 days a week)



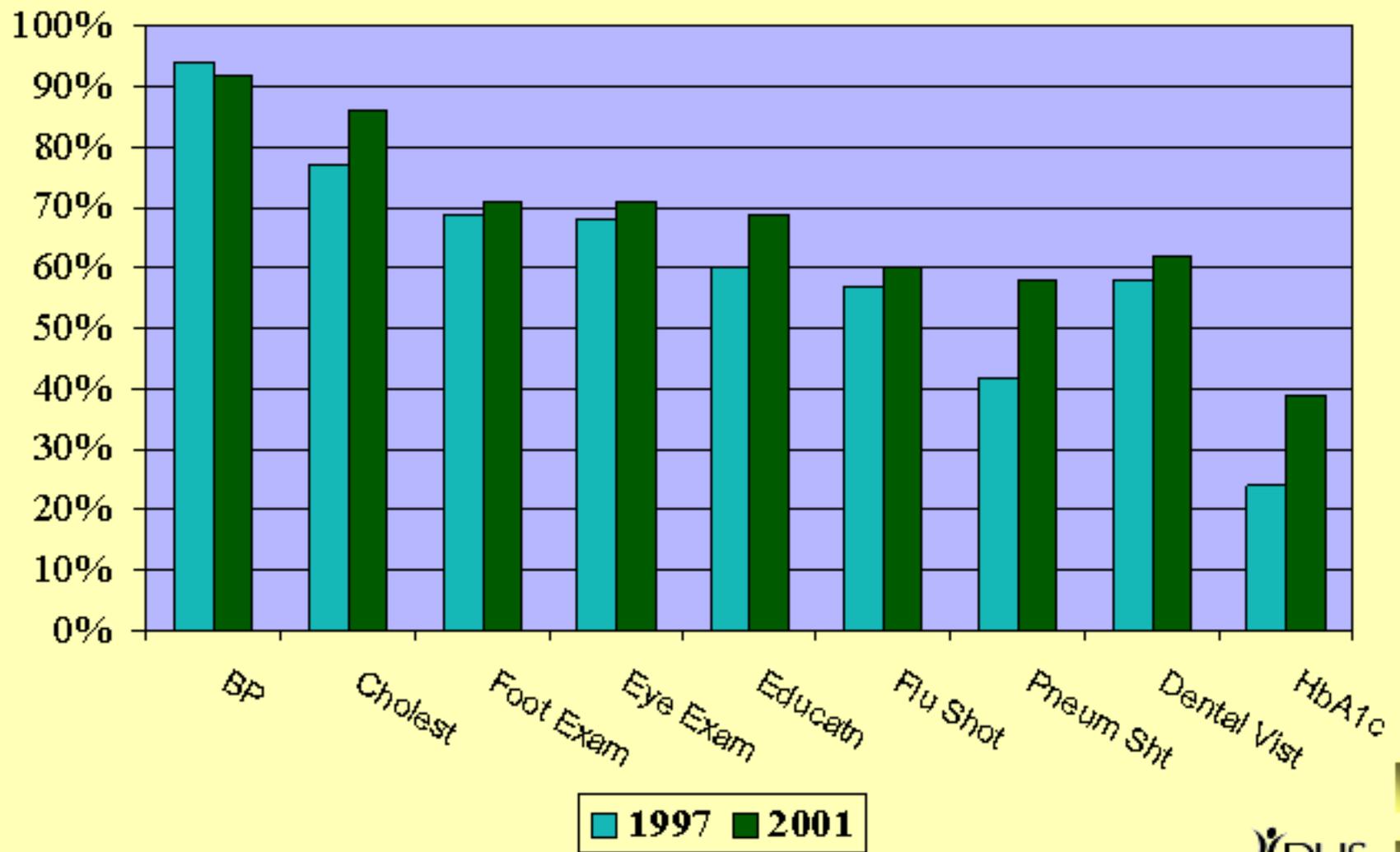
Prevalence of Obesity & Diabetes Oregon 1995-2002



Diabetes Death Rates Age Adjusted



Diabetes Preventive Services Received Oregon 1997 v 2001



Source: Oregon BRFSS 1997 & 2001





Obesity and Associated Disease Summary

- Major epidemic
- Less than half of Oregon's population following behavioral best practices
- Increased rates of diabetes prevalence and death
- Diabetes case management improving

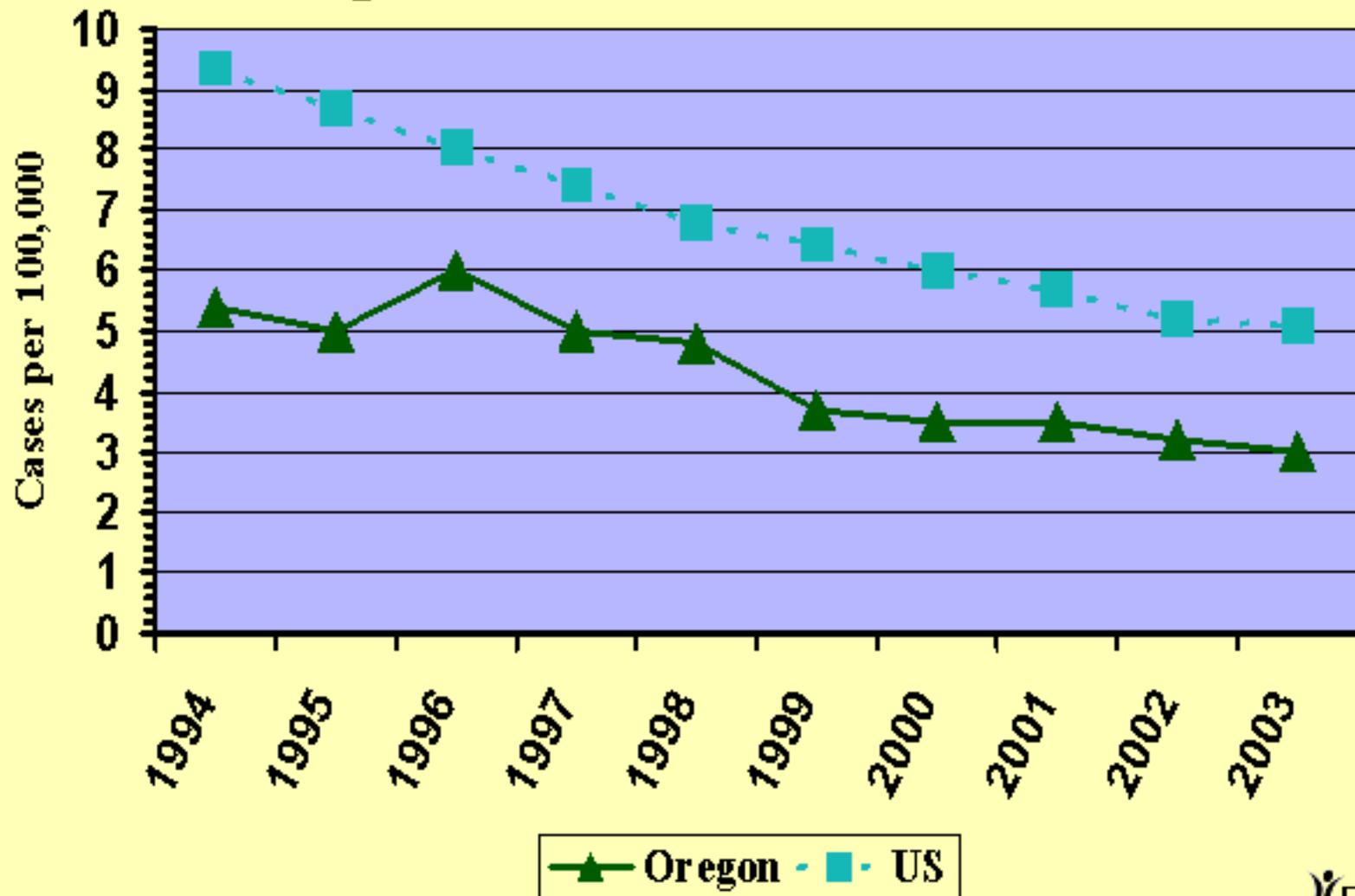




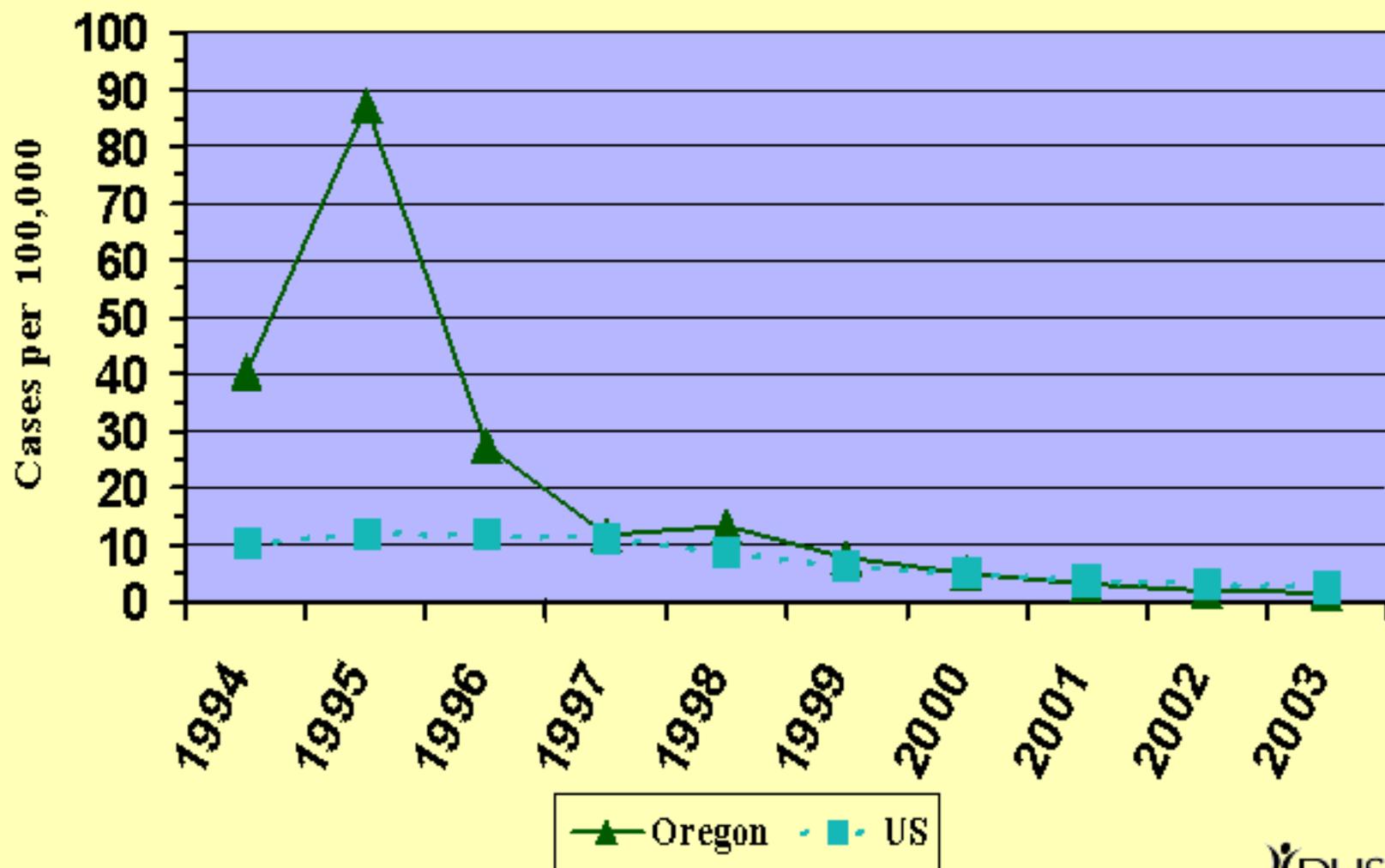
Microbial Agents and Associated Diseases



Incidence of Tuberculosis Oregon and U.S., 1994-2003

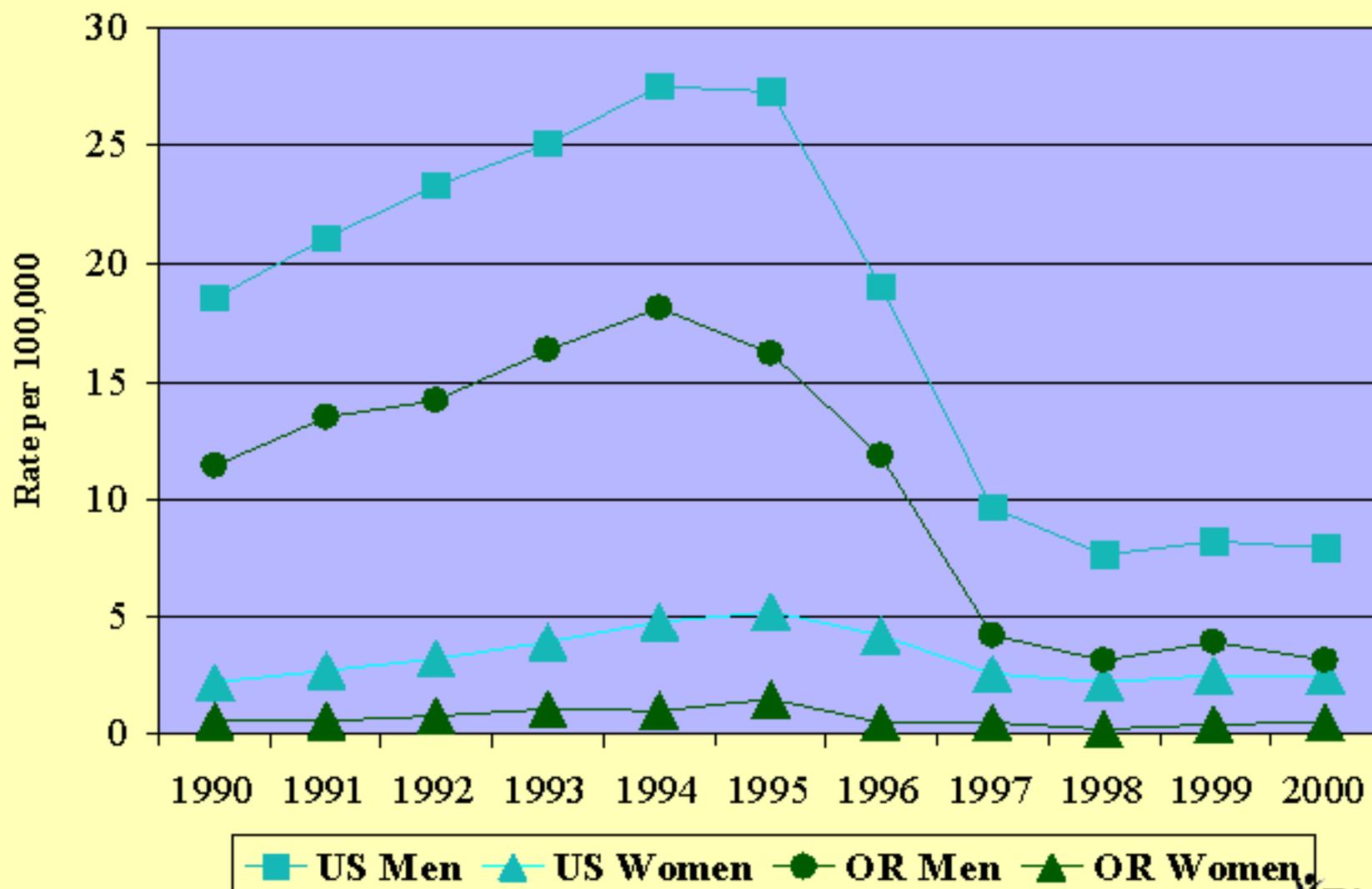


Incidence of Hepatitis A Oregon and U.S., 1994-2003



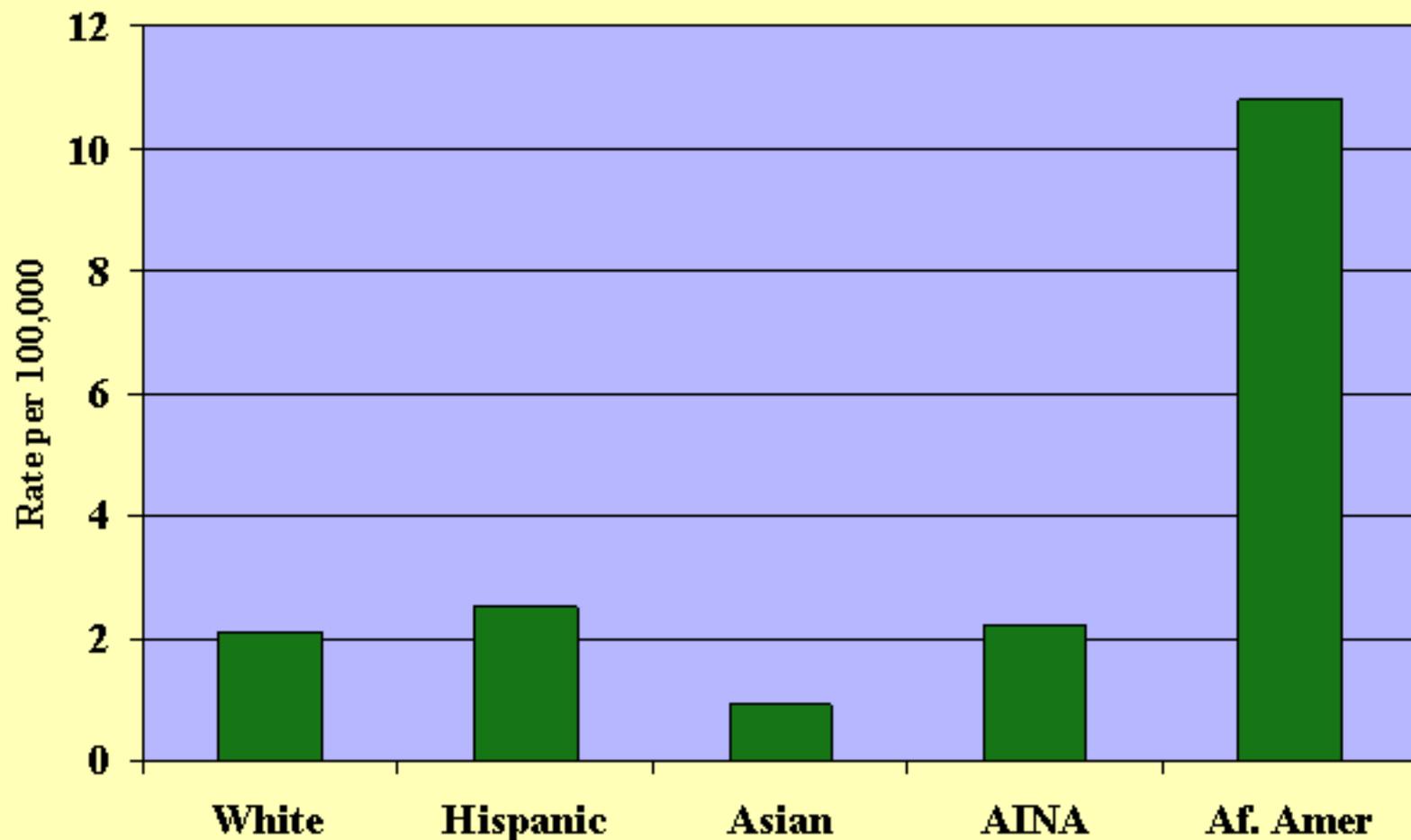
AIDS Death Rates

Age adjusted

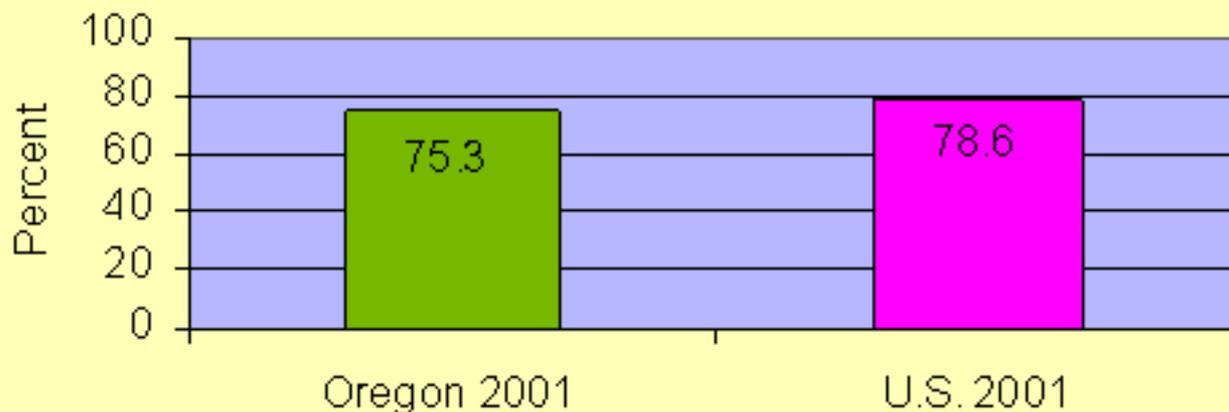


Oregon AIDS Death Rates

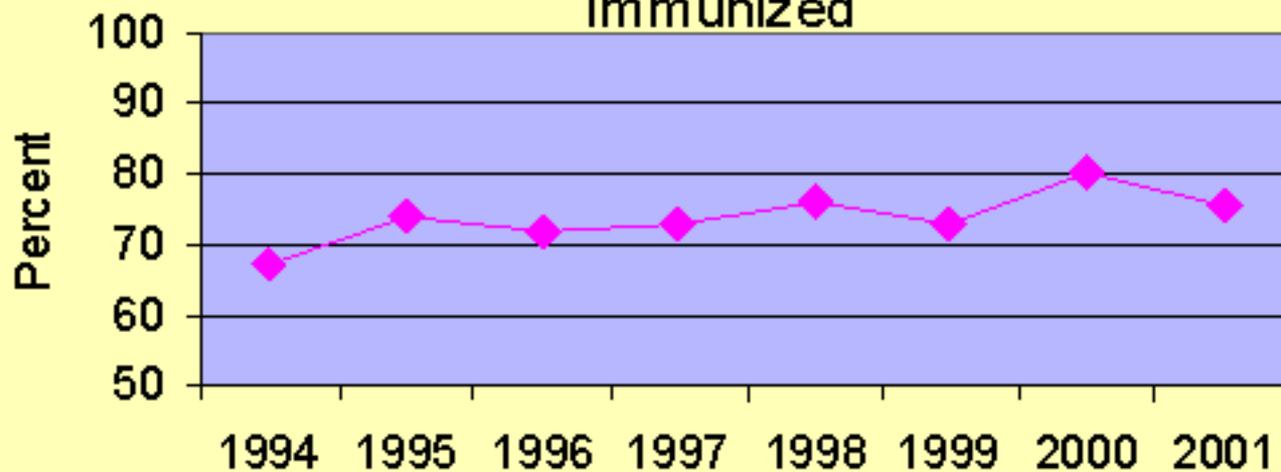
Race & Ethnicity 1996-2001



Vaccination coverage among children aged 19-35 months



Percentage of two-year olds adequately immunized





A Trend in Emerging Infections?

- Legionnaire's Disease
- Hanta virus *
- AIDS
- Ebola Virus *
- West Nile virus *
- SARS *
- Monkey pox *





A Trend in Emerging Infections?

- Legionnaire's Disease
- Hanta virus *
- AIDS
- Ebola Virus *
- West Nile virus *
- SARS *
- Monkey pox *

* = **ZOONOTIC**





Microbial Agents and Associated Disease Summary

- Infectious diseases continue to decline
- Dramatic decrease in AIDS death rate since the onset of drug therapy
- Disproportionate burden of AIDS subgroups
- Oregon childhood immunization rate still below nation's and no herd immunity
- Emerging disease will continue to emerge – sometimes we have little control (zoonotic)

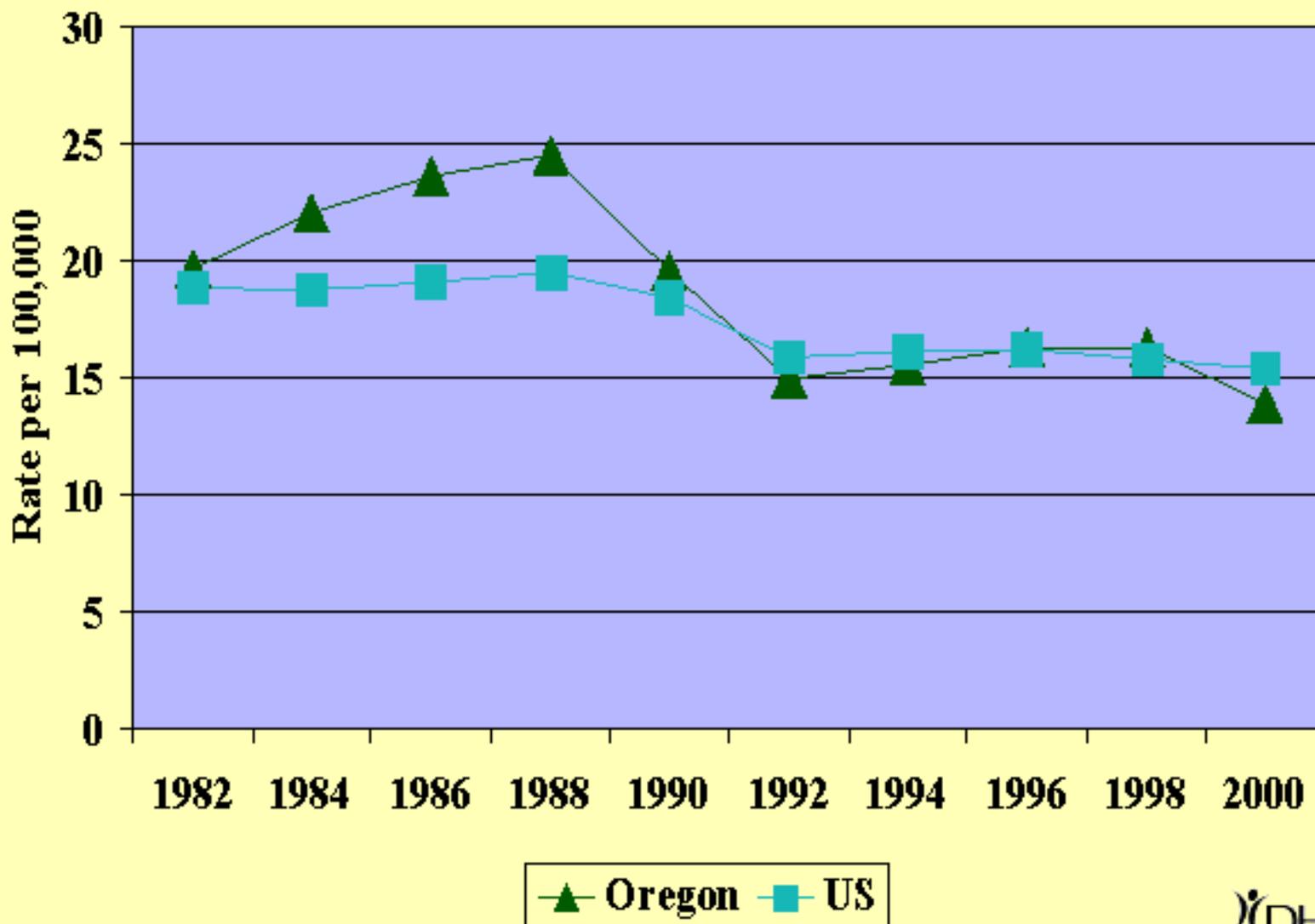


Firearms & Motor Vehicles and Associated Diseases

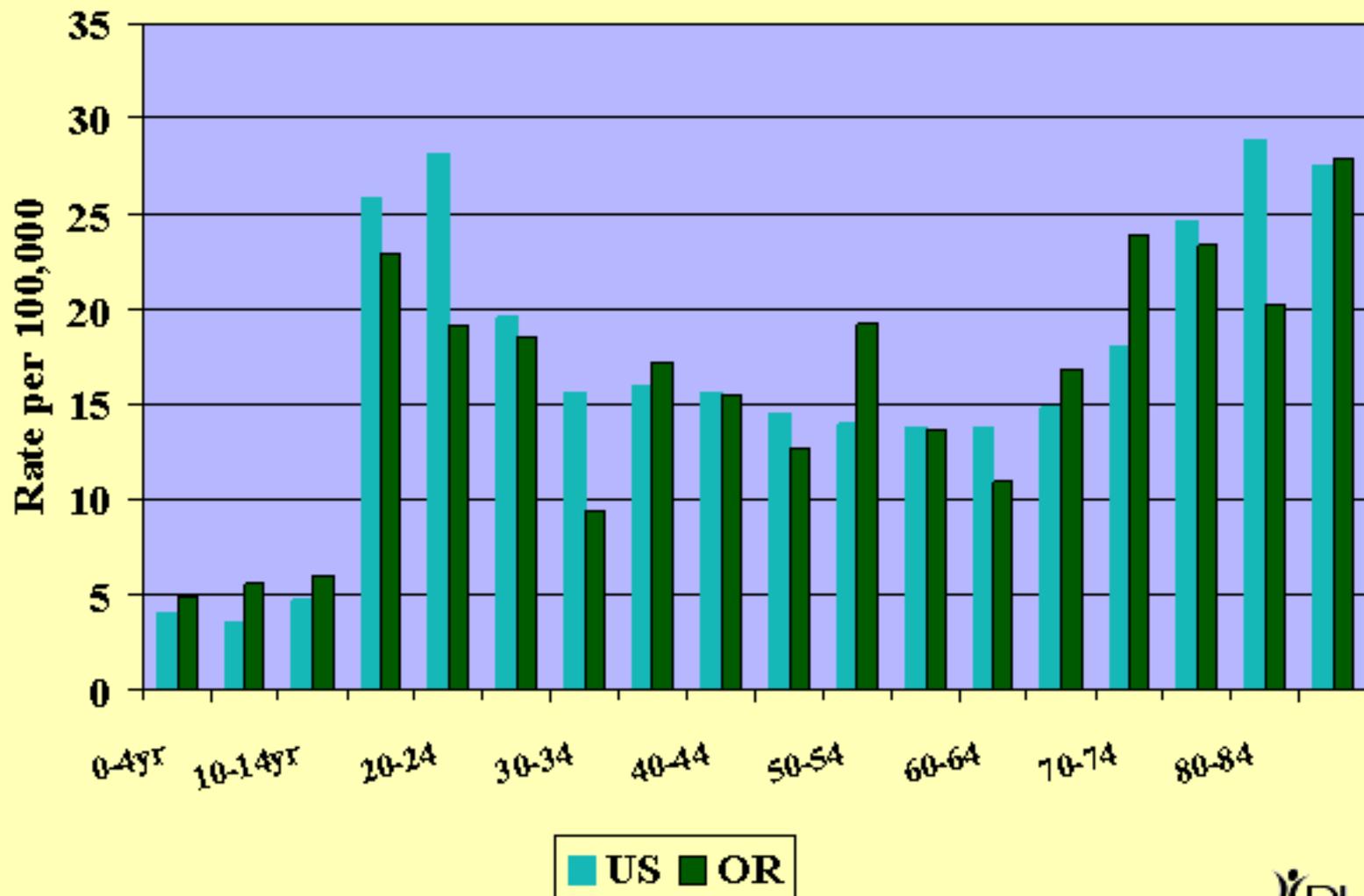


US & Oregon 1982-2000

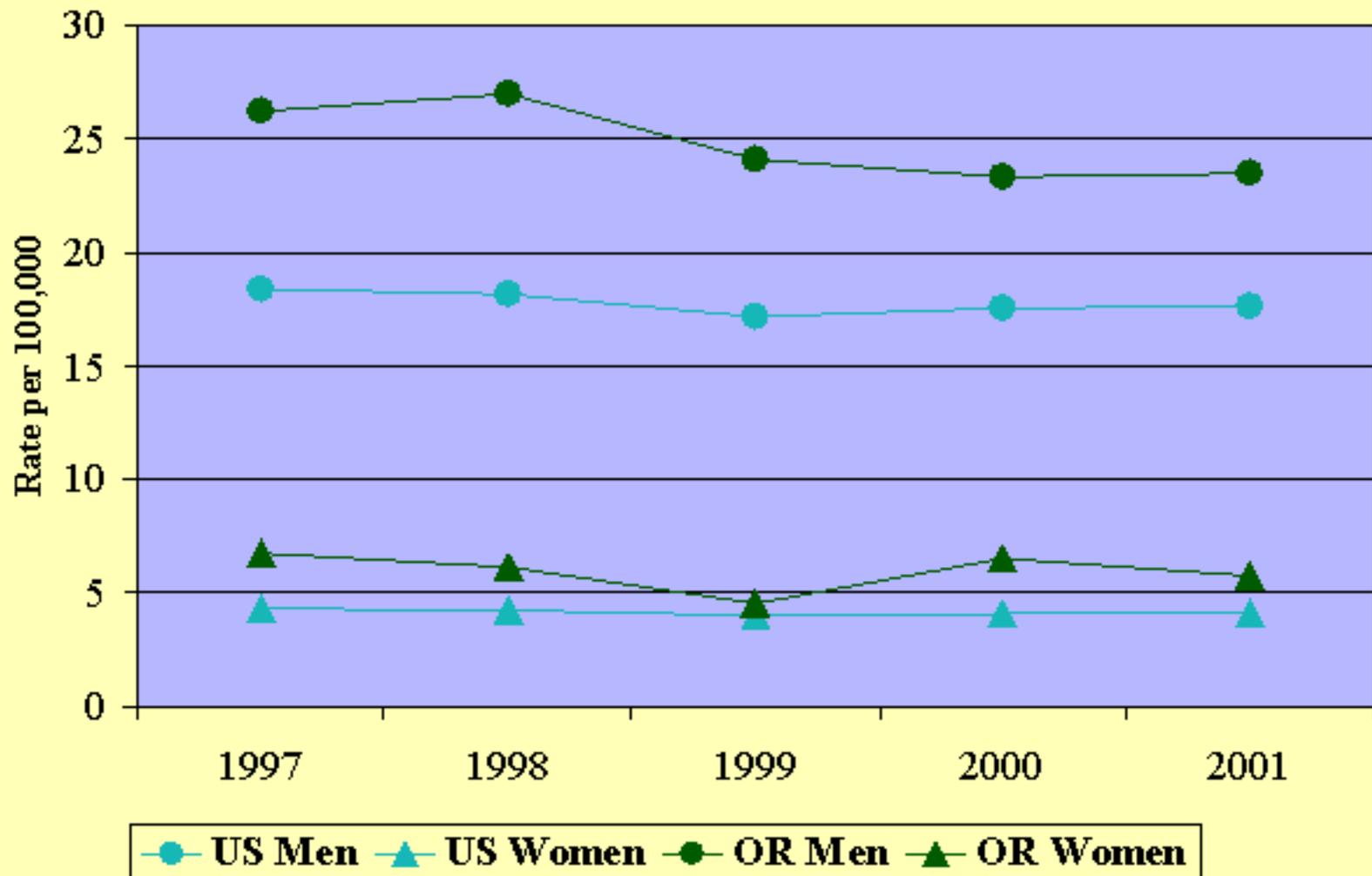
Motor Vehicle Death Rate per 100,000



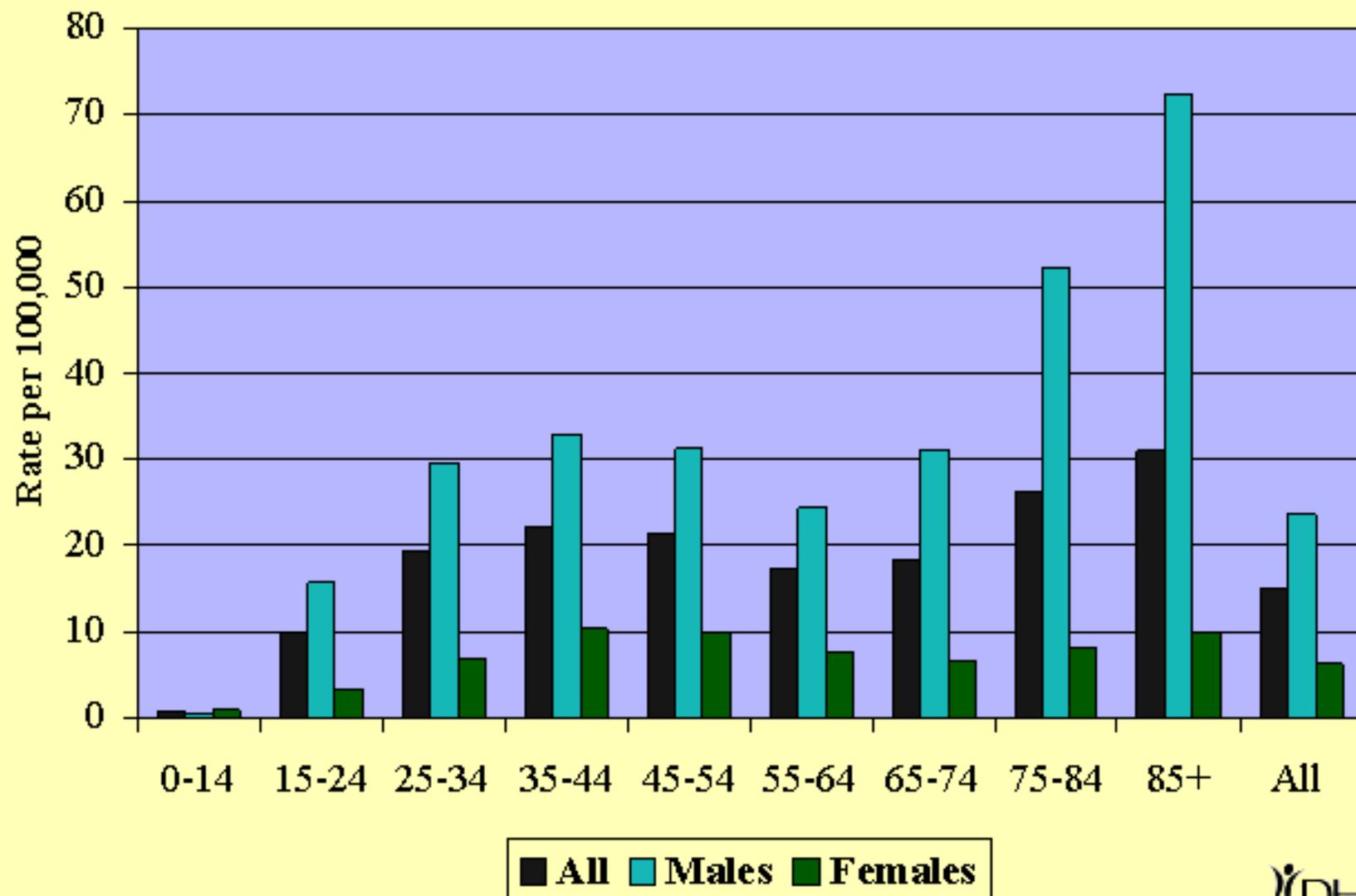
2001 US & Oregon Motor Vehicle Age Specific Death Rate



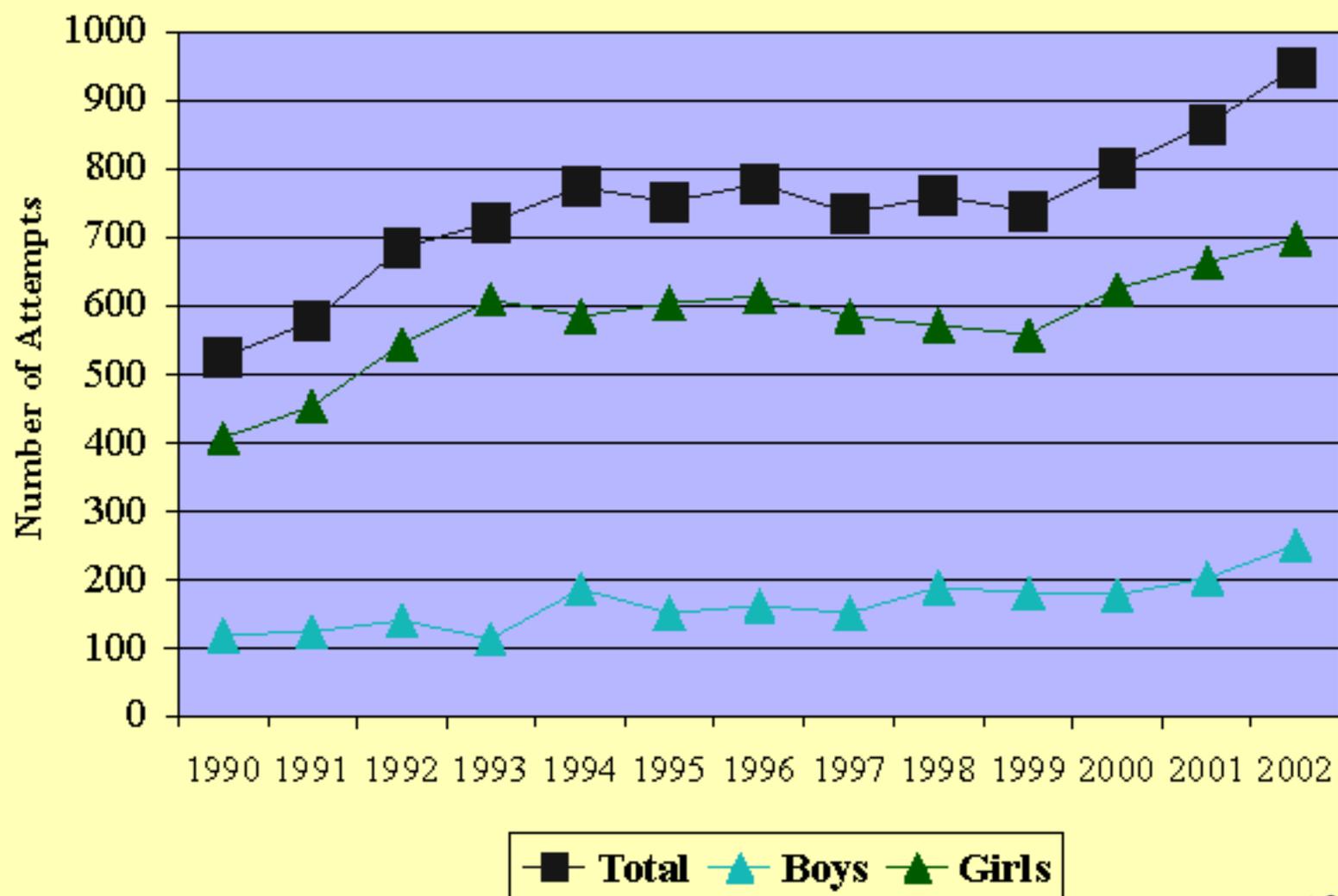
US & Oregon Suicide Rates



Oregon Suicides 2001 Age & Gender

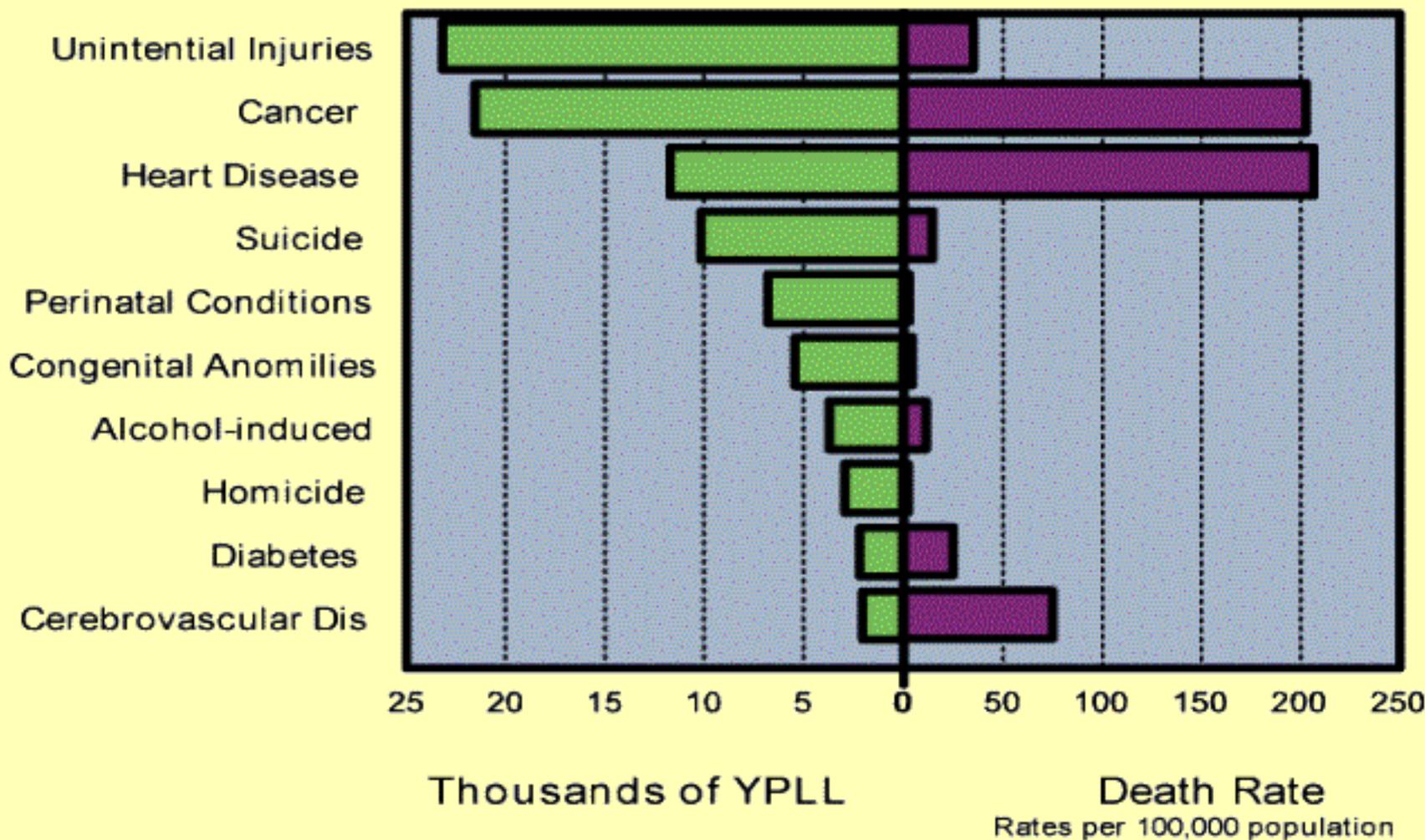


Youth Suicide Attempts Oregon 1990-2000



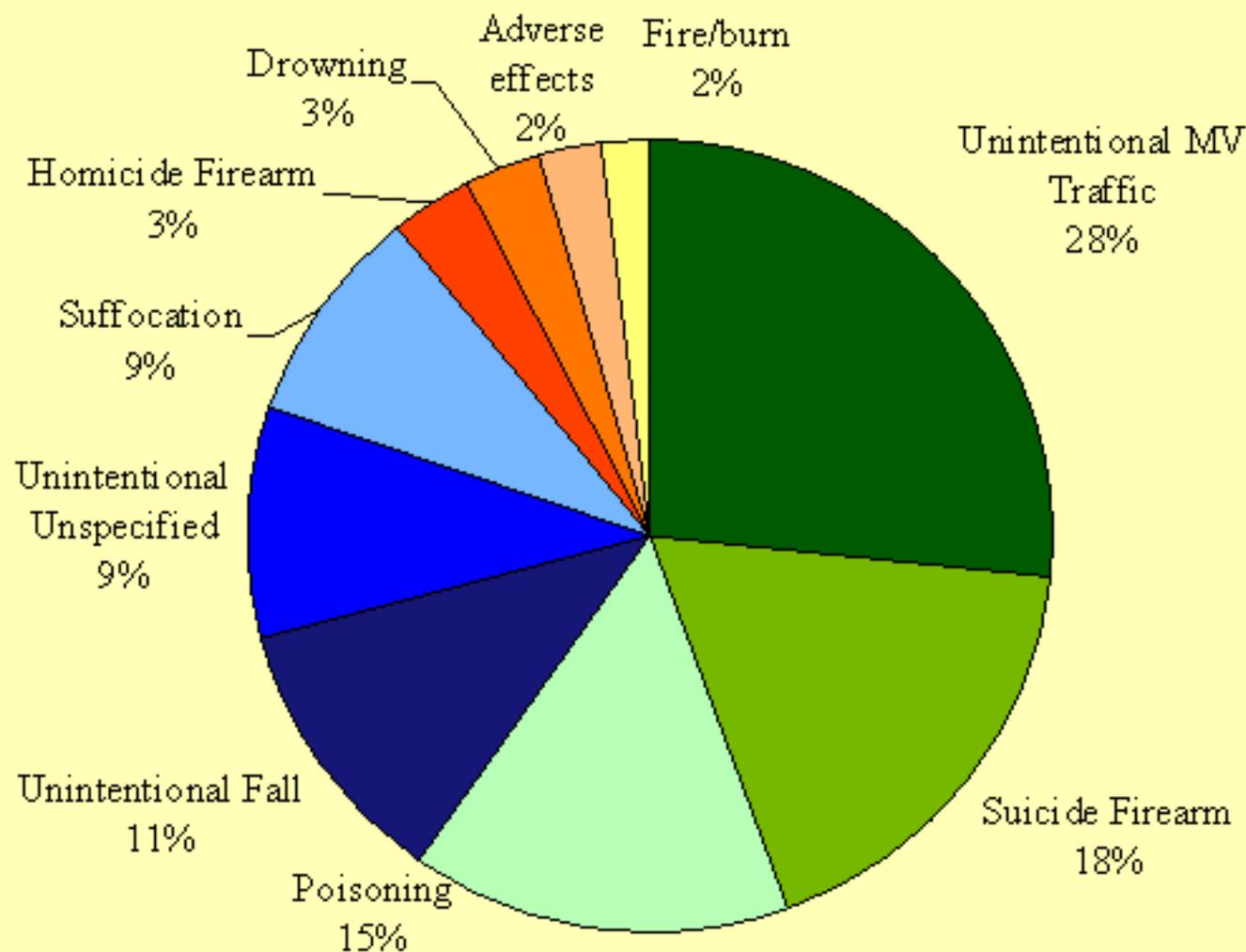
Years of Potential Life Lost Before Age 65

Oregon 2000



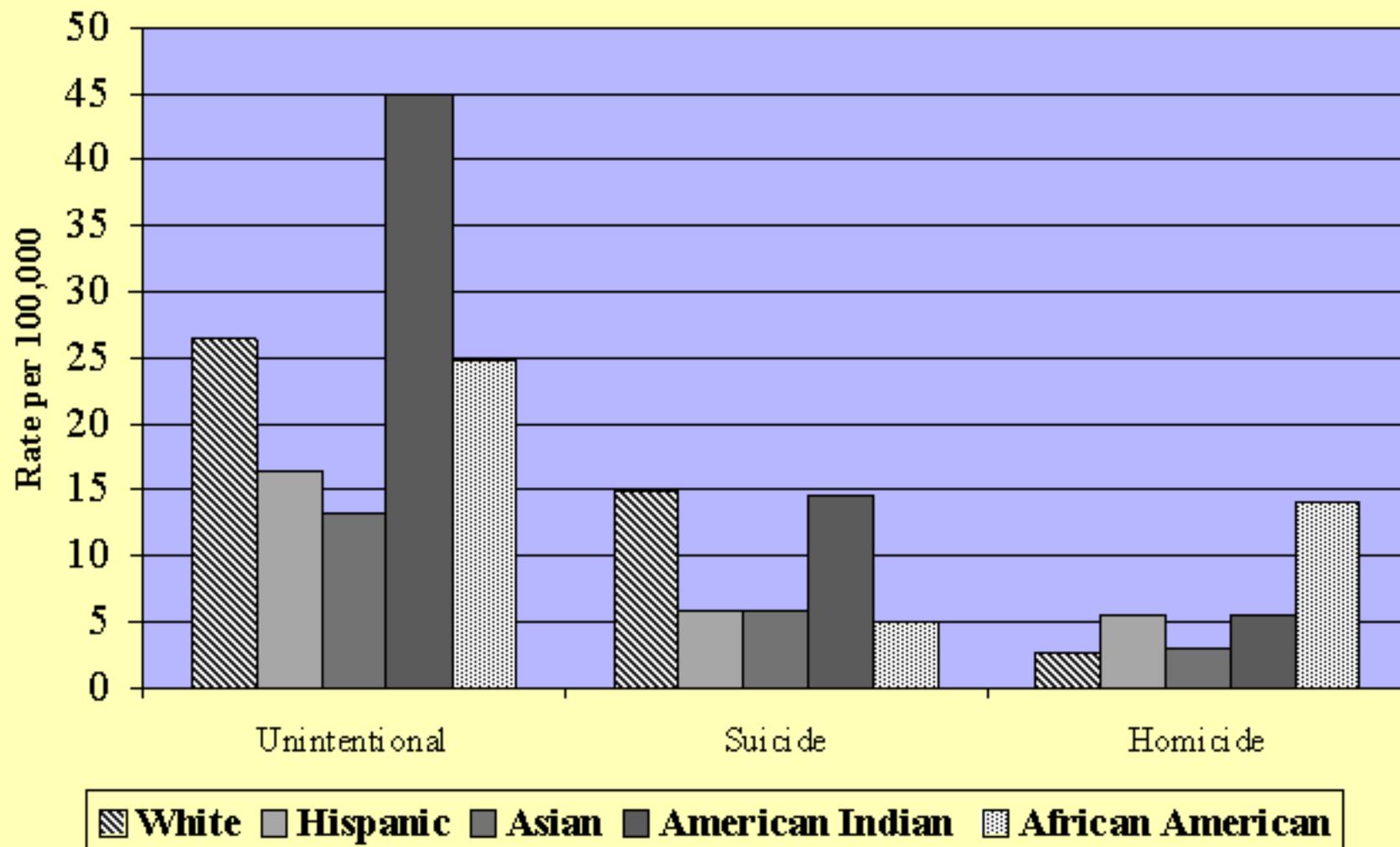
Oregon Injury-Related Deaths 1999 – 2001

(Leading Cause of Death for 1-44 years old)



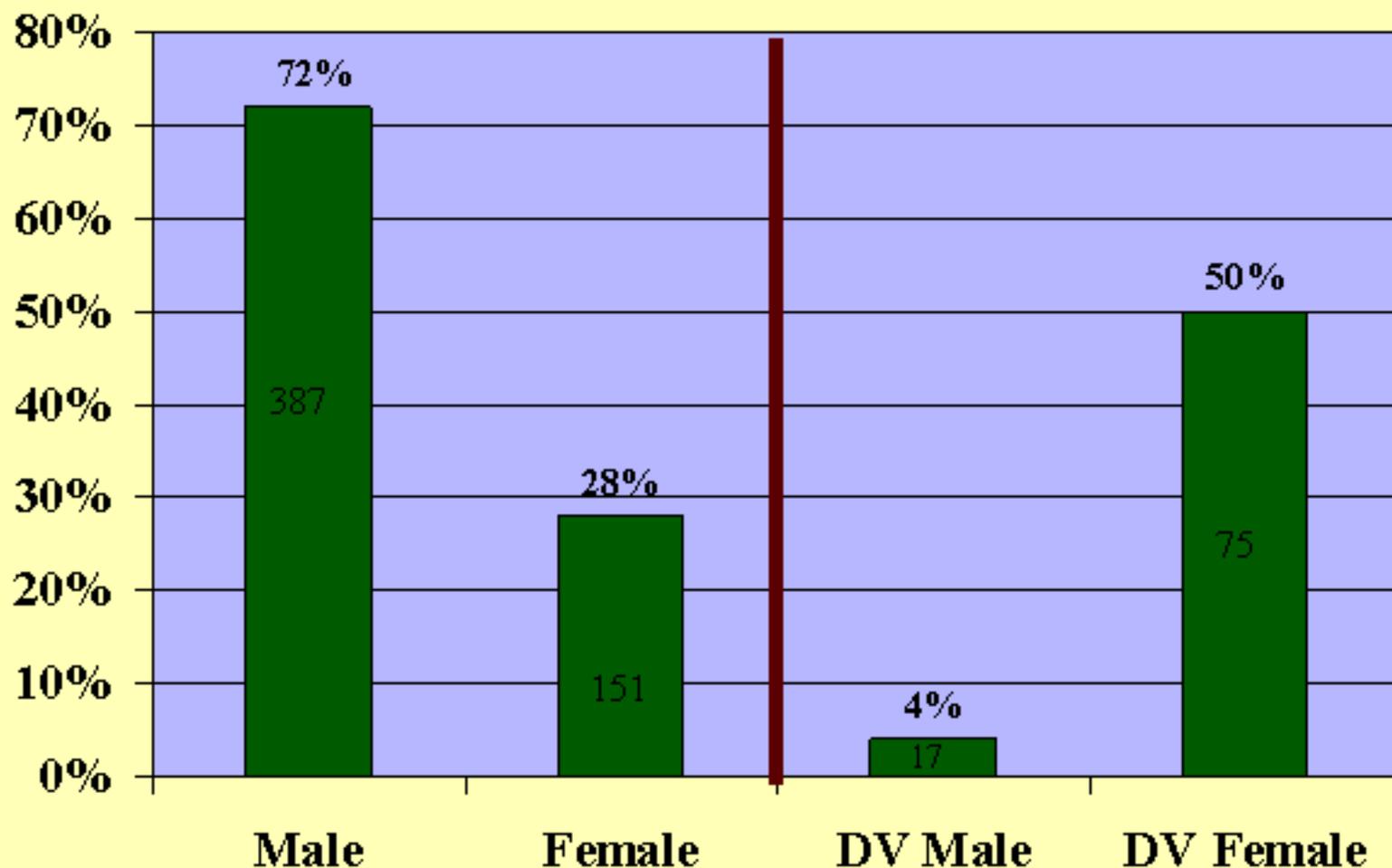
Oregon Injury Deaths

Race & Ethnicity, 1999- 2002



Oregon Homicides 1997-2001

Total: 538





Firearms & Motor Vehicles and Associated Disease Summary

- Injuries represent a huge burden: childhood-middle age death rates & years of life lost
- Motor vehicle crashes followed by suicide are leading means of fatal injuries
- Young adults at risk for both
- Motor vehicle crash deaths decreasing
- Suicide deaths stable but attempts increasing in youth age groups
- High risk groups for specific types of injury





State of the State's Health Summary

- Oregon generally compares well to the nation
 - Depends on indicators selected
 - Infant mortality the best
 - Food insecurity the worst
 - In the top third in general (#17 UnitedHealth)



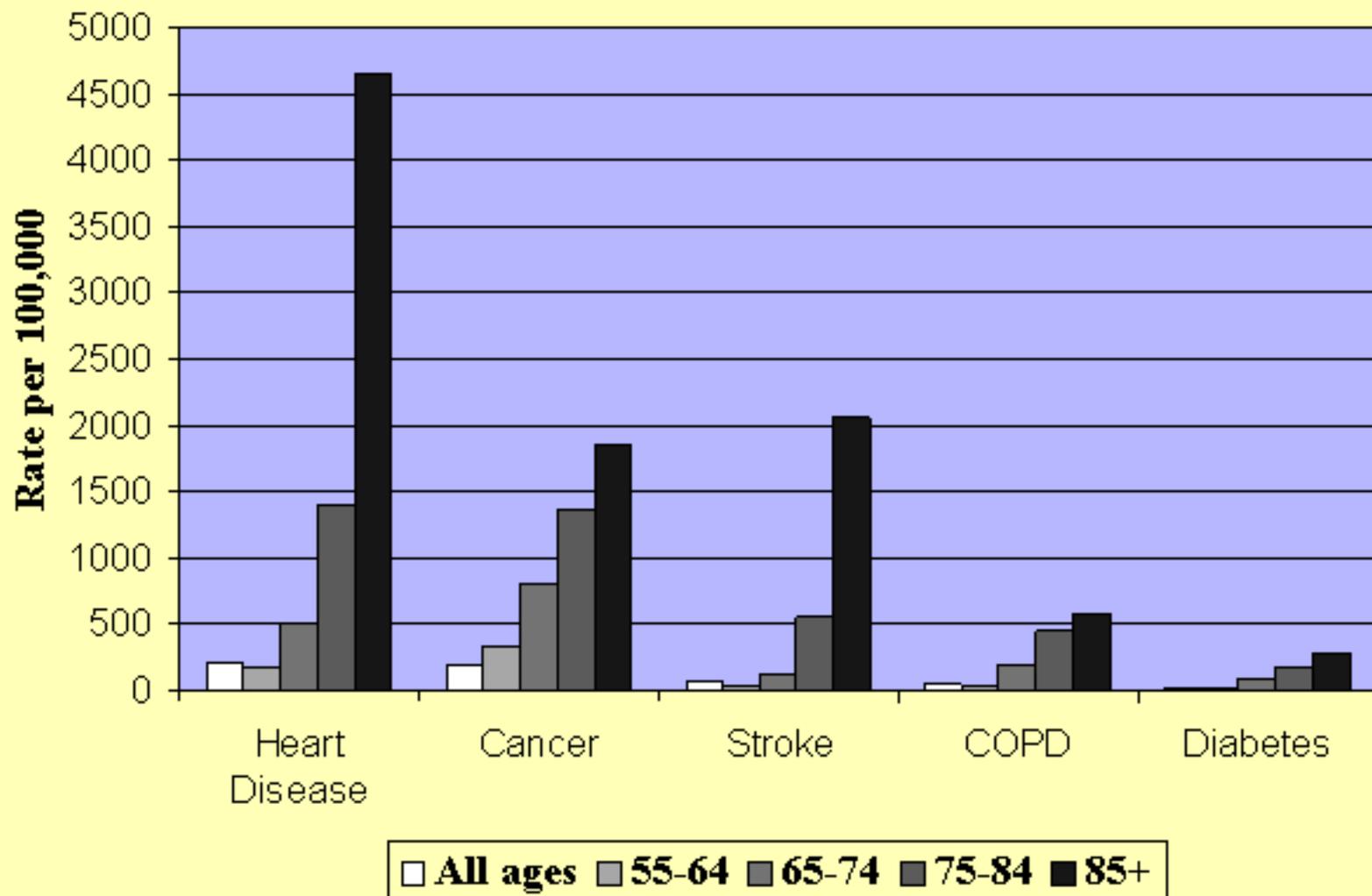


State of the State's Health Summary

- Oregon generally compares well to the nation
- Most health status indicators with good trend
- Heart disease + Cancer + Stroke = Huge chronic disease burden
 - Will get worse with aging population
 - Continue and expand preventive interventions
 - Adopt a chronic care model
 - More visit planning, care coordination & follow-up
 - Partnerships with patient & family
 - Attention to population / community issues



Chronic Disease Deaths Among Oregon Seniors 2000





State of the State's Health Summary

- Oregon generally compares well to the nation
- Most health status indicators with good trend
- Heart disease + Cancer + Stroke = Huge chronic disease burden
- Obesity is next great US health challenge
 - Where we were with tobacco two decades ago
 - Public health as well as personal health issue
 - Past experience suggest comprehensive, multi-faceted approach is needed





State of the State's Health Summary

- Oregon generally compares well to the nation
- Most health status indicators with good trend
- Heart disease + Cancer + Stroke = Huge chronic disease burden
- Obesity is next great US health challenge
- Injury important due to years of life lost
- Continued diligence for infectious diseases
- More attention to environmental health issues
 - Data needed





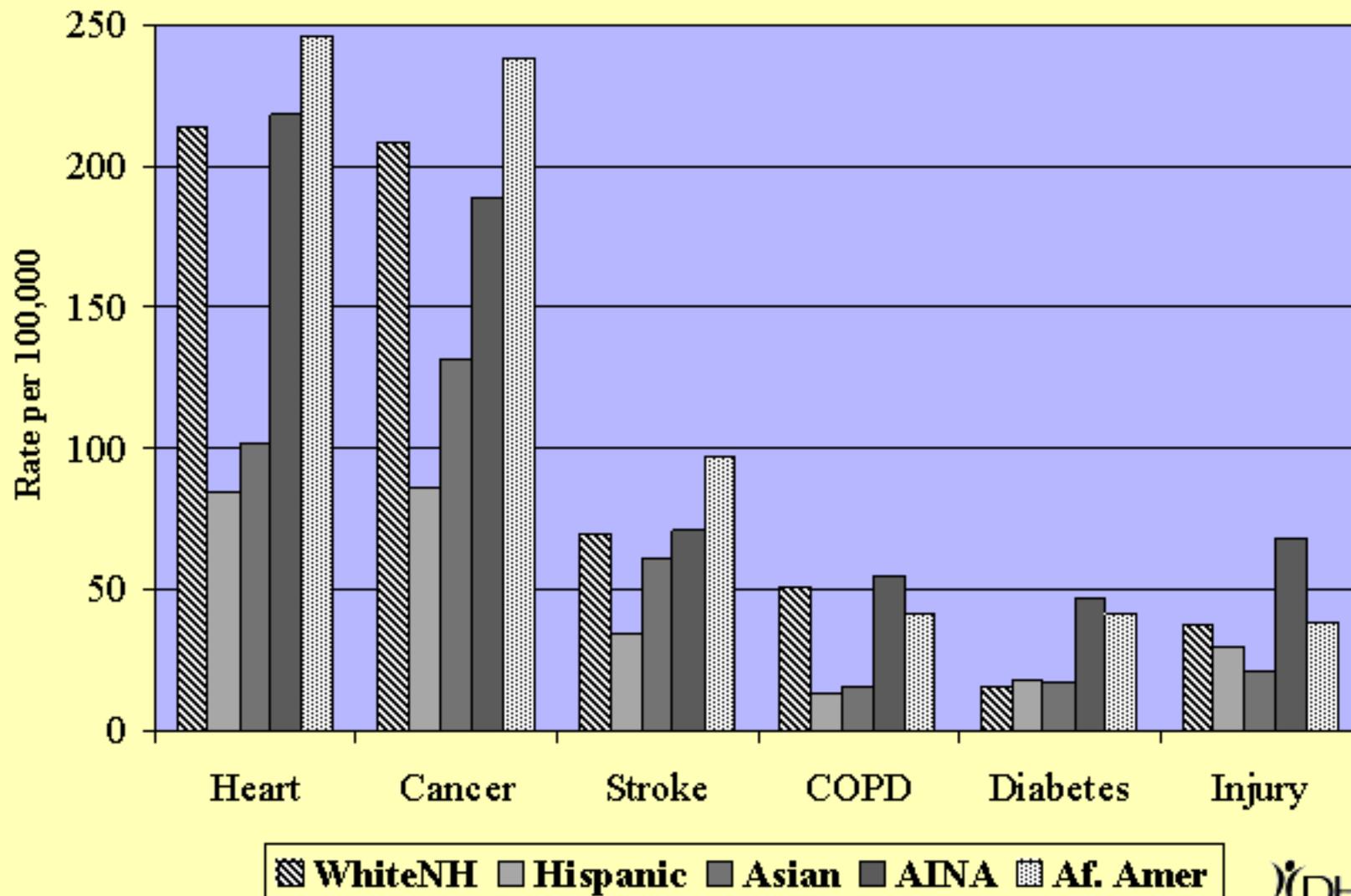
State of the State's Health Summary

- Specific areas of disease concern
 - Stroke
 - Diabetes
 - Suicide



Oregon Leading Causes of Death

Race & Ethnicity 1996-2001





State of the State's Health Summary

- Specific areas of disease concern
- Specific areas of sub-population concern
 - Generally for Blacks, American Indians
 - Suicide in elderly men
 - Suicide in young adults
 - Homicide in Black men
 - Unintentional injuries in American Indians
 - AIDS in Blacks
 - Domestic violence deaths in women
 - Infant mortality in Blacks
 - Falls in elderly women
- Requires targeted interventions



Data Sources

- National Center for Health Statistics
- Oregon Center for Health Statistics, DHS
- Centers for Disease Control (CDC Wonder)
- Behavioral Risk Factor Surveillance System
- Oregon HIV/STD/TB program, DHS
- Oregon Cancer Registry, DHS
- Keeping Oregonians Healthy
www.dhs.state.or.us/publichealth/hpcdp/docs/healthor.pdf
- US Census Bureau
- Portland State University Population Research Ctr.
- Oregon Population Survey
- DHS programs-TANF, WIC, Food Stamp, OMAP
- National Institute of Mental Health